✳ 212 RECIPES *for* HOMEMADE HOLIDAYS & NEW YEAR'S CHEER ✳

Taste of Home

BEST ❤ LOVED RECIPES FROM HOME COOKS LIKE YOU

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CRANBERRY, COCONUT & RUM (YUM!)



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- Christmas Pork Roast
- Wintry Chowders in 30 Minutes

Happy & Healthy Weeknight Dinners

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There's brunch, too!

Lazy mornings just got better with super-easy, cheesy **Eggs Florentine Casserole** from Karen Weekley of Washington, WV, ***page 43.***

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FOR MODERATE TO SEVERE RA

Feet were made for tiptoeing, not RA.

Discover XELJANZ®

XELJANZ is a small pill, not an injection or infusion. It can relieve the joint pain and stiffness of RA, and help stop further joint damage, even without methotrexate.

XELJANZ is a prescription medicine for adults with moderate to severe rheumatoid arthritis for whom methotrexate did not work well. Visit XELJANZ.com to learn more.

ASK YOUR RHEUMATOLOGIST IF XELJANZ IS RIGHT FOR YOU



What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

- It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
- XELJANZ is not for people with severe liver problems.
- It is not known if XELJANZ is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information to know about XELJANZ?

Serious infections. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting XELJANZ, and monitor you closely for signs and symptoms of TB infection during treatment. You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

You may be at a higher risk of developing shingles.

Cancer and immune system problems. XELJANZ may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers, including skin cancers, have happened in patients taking XELJANZ.

Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

Tears (perforation) in the stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate. Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

Changes in lab test results. Your healthcare provider should do blood tests before you start receiving XELJANZ, and at certain times while you are taking XELJANZ, to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should also routinely check certain liver tests. You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high. Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results. Your healthcare provider should do blood tests to check your cholesterol levels 4-8 weeks after you start XELJANZ, and as needed after that.

Before taking XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection, such as fever, sweating, or chills; muscle aches; cough; shortness of breath; blood in phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinating more often than normal; or feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B or C or liver problems



- have ever had any type of cancer
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People taking XELJANZ should not receive live vaccines but can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby
 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

Tell your healthcare provider about all of the medicines you take, especially any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.

- Tell your healthcare provider if you are taking medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

What are other possible side effects of XELJANZ?
XELJANZ may cause serious side effects, including hepatitis B or C activation infection in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Tell your healthcare provider if you have the following symptoms of a possible hepatitis B or C infection: feeling very tired, skin or eyes look yellow, little or no appetite, vomiting, clay-colored bowel movements, fevers, chills, stomach discomfort, muscle aches, dark urine, and skin rash.

Common side effects of XELJANZ include upper respiratory tract infections (common cold, sinus infections), headache, diarrhea, and nasal congestion, sore throat, and runny nose (nasopharyngitis).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see additional Patient Information on the following page.

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XELJANZ®
[tofacitinib citrate]
5 mg tablets

One pill. Twice daily.

XELJANZ
[tofacitinib citrate]
5 mg tablets

CONSUMER BRIEF SUMMARY
XELJANZ (ZEL' JANS') (tofacitinib)

Read the Medication Guide that comes with XELJANZ before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about XELJANZ?
XELJANZ may cause serious side effects including:

1. Serious infections.

XELJANZ is a medicine that affects your immune system. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

- Your healthcare provider should test you for TB before starting XELJANZ.
- Your healthcare provider should monitor you closely for signs and symptoms of TB infection during treatment with XELJANZ.

You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

You may be at a higher risk of developing shingles.

Before starting XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection such as:
 - fever, sweating, or chills
 - muscle aches
 - cough
 - shortness of breath
 - blood in phlegm
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinating more often than normal
 - feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common
- have or have had hepatitis B or C

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

2. Cancer and immune system problems.

XELJANZ may increase your risk of certain cancers by changing the way your immune system works.

- Lymphoma and other cancers, including skin cancers, can happen in patients taking XELJANZ. Tell your healthcare provider if you have ever had any type of cancer.
- Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

3. Tears (perforation) in the stomach or intestines.

- Tell your healthcare provider if you have had diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.
- Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

4. Changes in certain laboratory test results.

Your healthcare provider should do blood tests before you start receiving XELJANZ and while you take XELJANZ to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should routinely check certain liver tests.
You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high.

Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results.

You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests to check your cholesterol levels 4 to 8 weeks after you start receiving XELJANZ, and as needed after that. Normal cholesterol levels are important to good heart health.

See "What are the possible side effects of XELJANZ?" for more information about side effects.

What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor.
XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

It is not known if XELJANZ is safe and effective in people with hepatitis B or C.

XELJANZ is not for people with severe liver problems.

It is not known if XELJANZ is safe and effective in children.

What should I tell my healthcare provider before taking XELJANZ?

XELJANZ may not be right for you. Before taking XELJANZ, tell your healthcare provider if you:

- have an infection. See "What is the most important information I should know about XELJANZ?"
- have liver problems
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People who take XELJANZ should not receive live vaccines. People taking XELJANZ can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby

 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding. You and your healthcare provider should decide if you will take XELJANZ or breastfeed. You should not do both.

Tell your healthcare provider about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. XELJANZ and other medicines may affect each other causing side effects.

Especially tell your healthcare provider if you take:

- any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.
- medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take XELJANZ?

- Take XELJANZ as your healthcare provider tells you to take it.
- Take XELJANZ 2 times a day with or without food.
- If you take too much XELJANZ, call your healthcare provider or go to the nearest hospital emergency room right away.

What are possible side effects of XELJANZ?

XELJANZ may cause serious side effects, including:

- See "What is the most important information I should know about XELJANZ?"
- **Hepatitis B or C activation infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Your healthcare provider may do blood tests before you start treatment with XELJANZ and while you are using XELJANZ. Tell your healthcare provider if you have any of the following symptoms of a possible hepatitis B or C infection:
 - feel very tired
 - skin or eyes look yellow
 - little or no appetite
 - vomiting
 - clay-colored bowel movements
 - fevers
 - chills
 - stomach discomfort
 - muscle aches
 - dark urine
 - skin rash

Common side effects of XELJANZ include:

- upper respiratory tract infections (common cold, sinus infections)
- headache
- diarrhea
- nasal congestion, sore throat, and runny nose (nasopharyngitis)

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of XELJANZ. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to Pfizer at 1-800-438-1985.

General information about the safe and effective use of XELJANZ.

Medicines are sometimes prescribed for purposes other than those listed in a brief summary. Do not use XELJANZ for a condition for which it was not prescribed. Do not give XELJANZ to other people, even if they have the same symptoms you have. It may harm them.

This brief summary summarizes the most important information about XELJANZ. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about XELJANZ that is written for health professionals.

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Answers and Support
Certain programs and services powered by Pfizer RxPathways

Need help paying for your medication?
XELSOURCE℠ may be able to help – regardless of your insurance situation.*
Learn how at **www.XELSOURCEHelps.com**

This brief summary is based on XELJANZ Prescribing Information LAB-0445-9.0 and Medication Guide LAB-0535-3.0.
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Pfizer

Taste of Home
DECEMBER 2015

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COOKING, CARING & SHARING®

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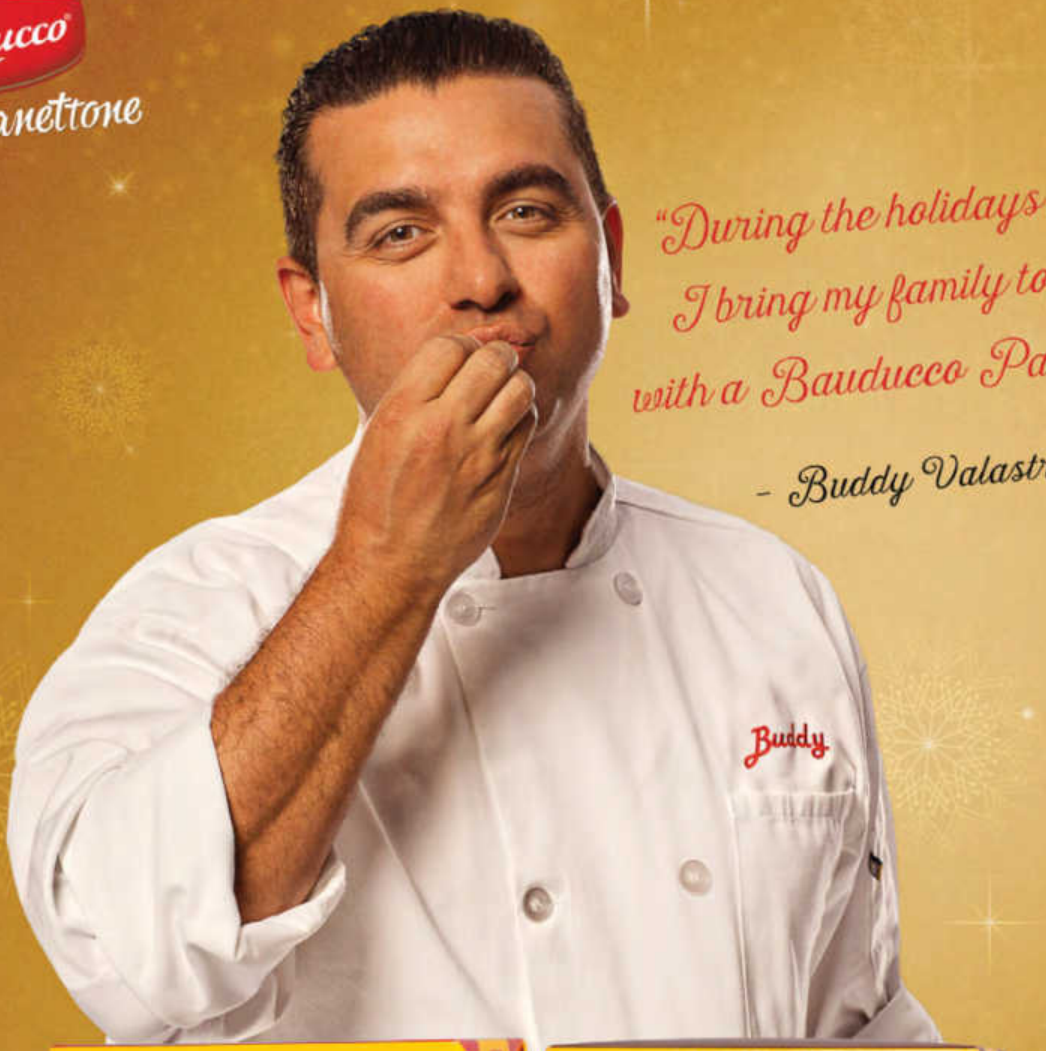
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Panettone

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with a Bauducco Panettone."

– Buddy Valastro





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THIS ISSUE'S RECIPE STAR

You could be our next one!

Three cheers for Carol Richardson Marty!

Her Orange Pomegranate Salad with Honey (*page 42*) is a burst of sweet sunshine. Share your own recipe creations at **tasteofhome.com/submit.**





Brunching All the Way

Last year at this time, I caught heck from some of you for admitting I don't have a Christmas dinner tradition. A *Taste of Home* editor who doesn't make dinner on Christmas, for Pete's sake. What's up with that?

OK, fair enough. But I'm hoping to redeem myself here: I actually do cook for my family every Christmas—for breakfast. After a holiday eve of gift-giving and general merrymaking, there's nothing we enjoy more than waking up to a table loaded with brunchy goodness, the centerpiece of which is always a toasty creation fresh from the oven.

I like to change it up every year, and *Taste of Home* readers have provided me with many delicious options, from cheesy egg bakes to tender coffee cakes. This Christmas, I'm treating my tribe to Amelia Meaux's crazy-good Sausage Brunch Braid *(right).* "I needed something stunning for a party," says the cook from Crowley, Louisiana, "and this crescent braid did the trick." I'll say. I'm adding four scrambled eggs to mine. We tried it in the Test Kitchen and it worked perfectly. Thanks, Amelia, for inspiring me!

Looking for more fun holiday inspiration? Check out our Field Editors' tasty takes on pigs in a blanket on *page 84.* With names like Grandmother's Toad in a Hole, Pigs in a Poncho and Ring of Piggies, they're guaranteed to generate squeals of delight.



Best wishes for a delightful (and delicious) holiday season.



CATHERINE CASSIDY
EDITOR-IN-CHIEF

P.S. Make Christmas morning all the merrier. We're offering ***a one-year gift subscription to Taste of Home magazine for just $10****—that's 72% off the newsstand price! Head now to* ***tasteofhome.com/perfectgift*** *to stock up for sisters, daughters, neighbors and bosses; there's no limit to the number you can buy!*

Sausage Brunch Braid

This golden crescent roll braid is an edible centerpiece for your breakfast or appetizer buffet.

—AMELIA MEAUX CROWLEY, LA

PREP: 30 MIN. • **BAKE:** 20 MIN.
MAKES: 8 SERVINGS

- **¾ lb. bulk pork sausage**
- **1 small onion, chopped**
- **¼ cup chopped celery**
- **¼ cup chopped green pepper**
- **1 garlic clove, minced**
- **3 oz. cream cheese, cubed**
- **1 green onion, chopped**
- **2 Tbsp. minced fresh parsley**
- **1 tube (8 oz.) refrigerated crescent rolls**
- **1 large egg, lightly beaten**

1. Preheat oven to 350°. In a large skillet, cook the first five ingredients over medium heat 6-8 minutes or until sausage is no longer pink and vegetables are tender, breaking up sausage into crumbles; drain. Add cream cheese, green onion and parsley; cook and stir over low heat until cheese is melted.

2. Unroll crescent dough onto a greased baking sheet. Roll into a 12x10-in. rectangle, pressing perforations to seal. Spoon sausage mixture lengthwise down center third of rectangle. On each long side, cut ¾-in.-wide strips 3 in. into center. Starting at one end, fold alternating strips at an angle across filling; seal ends. Brush with egg.

3. Bake 20-25 minutes or until golden brown. Refrigerate leftovers.

PER SERVING *249 cal., 18 g fat (7 g sat. fat), 50 mg chol., 449 mg sodium, 14 g carb., trace fiber, 7 g pro.* ■

PROMOTION

Taste of Home Cooking School

FALL 2015

From Our Stage *to* Your Kitchen

This fall, our Culinary Specialists brought the Taste of Home Cooking School experience to thousands of home cooks with interactive demonstrations, cutting-edge techniques, and unexpected flavors. This holiday season, get a taste of the Cooking School with these great recipes!



ALMOND CHICKEN & STRAWBERRY-BALSAMIC SAUCE



GRILLED CHEESE & TOMATO SOUP BAKE



SAUSAGE BRUNCH BRAID

american kitchen BY REGAL WARE

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JONES



MAKE-AHEAD BREAKFAST BURRITOS



HONEY MUSTARD POTATO GRATIN



FARM FRESH EGG-LAND'S BEST

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Get these recipes at TasteofHome.com/CSRecipes

Mixing Bowl



SPRINKLE THE JOY

If your family is dreaming of a **sweet and salty Christmas,** give pretzel rods a plunge in melted white chocolate. Add a flurry of sprinkles in red and green, and crunch away all!



TIED UP WITH STRING

O Christmas Eats

These food-inspired ornaments make your Christmas tree look good enough to eat. Here are a few of our favorite trimmings.

1. Cream Puff Glass Ornament *$11* **Bronner's** **2.** Christmas Donut Ornament—Yummy Chocolate with Sprinkles *$15* **DanielleLondon, Etsy** **3.** Strawberry Jam Jar Glass Ornament *$21* **Bronner's** **4.** Large Shiny Pickle Glass Ornament *$8* **Bronner's** **5.** Pear Christmas Tree Ornaments *$45 for 4* **PickyChicky, Etsy** **6.** Personalized Fortune Cookie Ornament *$15* **TheOffbeatBear, Etsy** **7.** Pineapple Ornament *$6* **Target** **8.** Small Pretzel Glass Ornament *$12* **Bronner's**

BUY IT! Get these and more fun finds in the *Taste of Home* store at **rdstore.com/tasteofhome.**

COLOR WITH US!

Round up your colored pencils and relax with *Taste of Home*'s new coloring book. All 31 beautiful illustrations are on perforated pages, so you can frame and hang that lovingly colored tribute over your sink. Find *Color Me Delicious, $9.99,* on newsstands until February 24.





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IT'S A WRAP! Doll up your dough for someone special on your list.

- Center your plastic-wrapped dough roll on lightweight craft or wrapping paper.
- Secure the paper around the dough roll with tape. Tie a yarn bow at each end.
- Wrap scrapbook paper around the roll, securing at the back with tape. Place a doily on top and secure with tape.
- Write cookie directions on a black sticker label and stick it on.
- Spoon spiced sugar into a clean baby-food jar, screw on lid and tie up with a ribbon. Secure a tag to the ribbon with baker's twine.

KIDS IN THE KITCHEN

Dough for a Dear

Give teachers, neighbors and special aunties fresh-baked cookies from their very own ovens. You make the dough and a mini jar of glistening topping, they make the memories.

FREEZE IT

Snickerdoodle Crisps



This classic New England cookie can be made two ways: soft or crunchy. My crispy slice-and-bake version is sugared and spiced to perfection.

—**JENNI SHARP** MILWAUKEE, WI

PREP: 20 MIN. + CHILLING
BAKE: 10 MIN./BATCH
MAKES: ABOUT 5 DOZEN

- **1 cup butter, softened**
- **2 cups sugar**
- **2 large eggs**
- **2 tsp. vanilla extract**
- **3 cups all-purpose flour**
- **4 tsp. ground cinnamon**
- **2 tsp. ground ginger**
- **¾ tsp. ground nutmeg**
- **½ tsp. ground allspice**
- **2 tsp. cream of tartar**
- **1 tsp. baking soda**
- **½ tsp. salt**

SPICED SUGAR

- **⅓ cup sugar**
- **1 tsp. ground cinnamon**
- **¾ tsp. ground ginger**
- **¼ tsp. ground nutmeg**
- **¼ tsp. ground allspice**

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs and vanilla. In another bowl, whisk flour, spices, cream of tartar, baking soda and salt; gradually beat into creamed mixture.

2. Divide dough in half; shape each into an 8-in.-long roll. Wrap in plastic wrap; refrigerate dough 2 hours or until firm.

3. Preheat oven to 350°. In a small bowl, mix spiced sugar ingredients. Unwrap and cut dough crosswise into ¼-in. slices; press cookies into sugar mixture to coat both sides or sprinkle sugar over cookies.

4. Place 2 in. apart on greased baking sheets. Bake 7-9 minutes or until edges are golden. Cool on pans 2 minutes. Remove to wire racks to cool.

FREEZE OPTION *Freeze wrapped logs in a resealable plastic freezer bag. To use, unwrap frozen logs and cut into slices. If necessary, let dough stand a few minutes at room temperature before cutting. Bake as directed.*

PER COOKIE *84 cal., 3 g fat (2 g sat. fat), 14 mg chol., 68 mg sodium, 13 g carb., trace fiber, 1 g pro.*





TOGETHER FOREVER

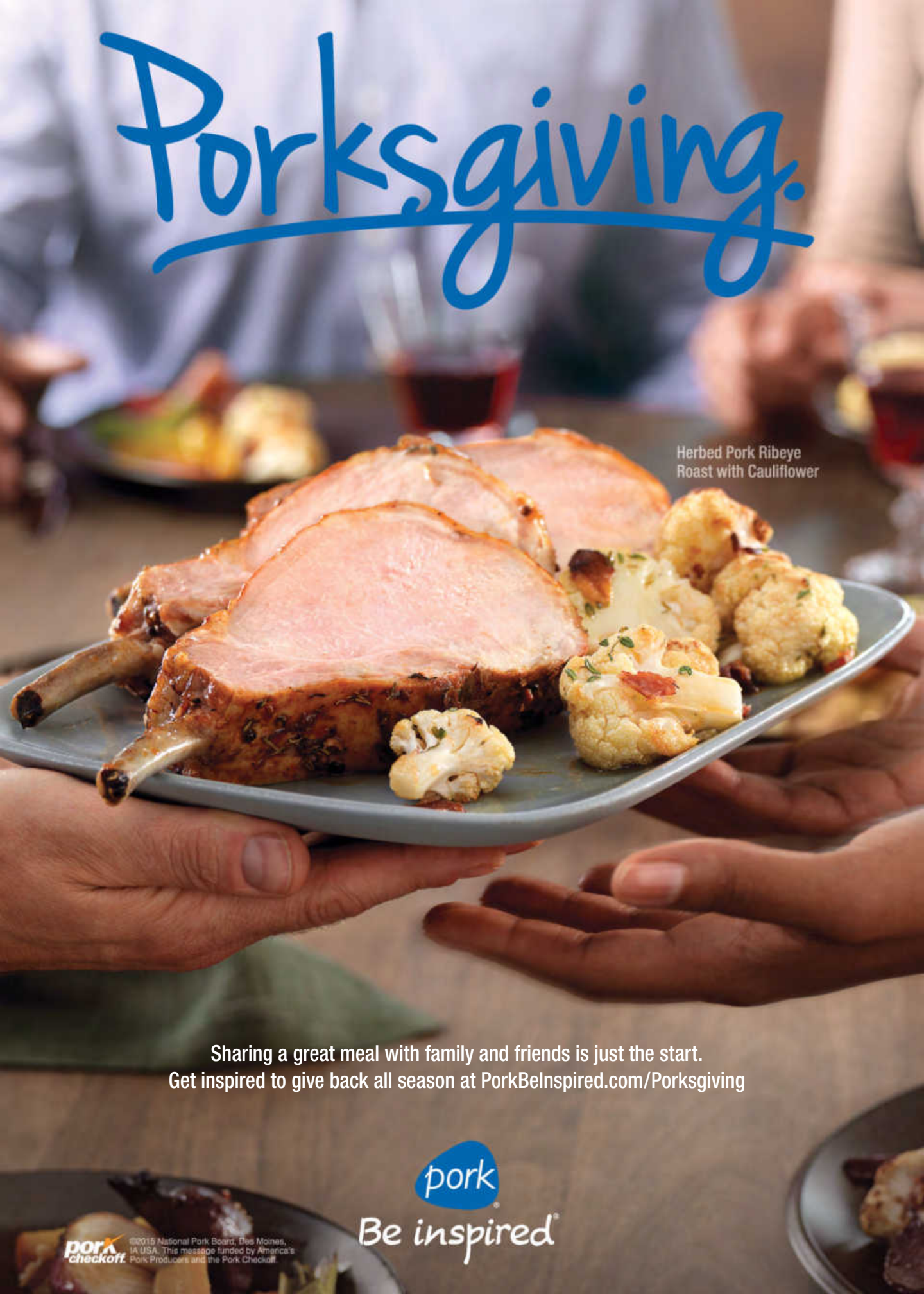
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INSTANT GRATIFICATION

ONE-TWO PUNCH

Put a little pep in your punch. Just mix, toss in your secret ingredient and let it simmer. That's all you've gotta do for this holiday-ready, all-ages drink.





5 INGREDIENTS SLOW COOKER

Slow Cooker Christmas Punch

Simmer down with a warm pineapple punch made in the slow cooker. We use cinnamon and Red Hots to give it that cozy spiced flavor and welcome-home aroma.

—ANGIE GOINS TAZEWELL, TN

PREP: 5 MIN. • **COOK:** 3 HOURS • **MAKES:** 10 SERVINGS (¾ CUP EACH)

- **4 cups unsweetened pineapple juice**
- **4 cups cranberry juice**
- **⅓ cup Red Hots**
- **2 cinnamon sticks (3 in.)**

In a 3- or 4-qt. slow cooker, cook all ingredients, covered, on low 3-4 hours or until heated through and candies are melted. Discard cinnamon sticks.

PER SERVING *129 cal., trace fat (trace sat. fat), 0 chol., 4 mg sodium, 33 g carb., trace fiber, 1 g pro.*

PICKLE: LARRY RAINS/ISTOCK.COM

HIDDEN OBJECT

Find this pickle

Spot the hidden pickle in this issue and **you could win a *Taste of Home* cookbook.** Find it? Go to **tasteofhome.com/hiddenobject** to tell us where. *In our last issue, the calico corn was on page 73.*

Share some inspiration this season.

Find the collection at PorkBeInspired.com/Porksgiving







pork Be inspired

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Taste of Home Cooking School

Thank you... we'll see you in the Spring!

Thank you for joining the **LIVE Taste of Home Cooking School** during our Fall 2015 show season. We had a great time with you! The new Spring season starts up in March 2016—look for us in a town near you!







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Turkey Club Roulades —*TASTE OF HOME* TEST KITCHEN

PREP: 20 MIN. **COOK:** 15 MIN. **MAKES:** 8 SERVINGS

- ¾ lb. fresh asparagus, trimmed
- 8 turkey breast cutlets (about 1 lb.)
- 1 Tbsp. Dijon-mayonnaise blend
- 8 slices deli ham
- 8 slices provolone cheese
- ½ tsp. poultry seasoning
- ½ tsp. pepper
- 8 bacon strips

SAUCE:

- ⅔ cup Dijon-mayonnaise blend
- 4 tsp. 2% milk
- ¼ tsp. poultry seasoning

1. Bring 4 cups water to a boil in a large saucepan. Add asparagus; cook, uncovered, for 3 minutes or until crisp-tender. Drain and immediately place asparagus in ice water. Drain and pat dry. Set aside.

2. Spread the turkey cutlets with Dijon-mayonnaise. Layer with ham, cheese and asparagus. Sprinkle with poultry seasoning and pepper. Roll up tightly and wrap with bacon.

3. Cook roulades in a large skillet over medium-high heat for 12-15 minutes, turning occasionally, or until bacon is crisp and turkey is no longer pink. Combine sauce ingredients; serve with roulades.



CS-LIVE-AD10

american kitchen

FARM FRESH EGG-LAND'S BEST

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Cook Smart

Kitchen tricks and healthy tips for happy eating.

LET'S COOK

Cookies with a Twist

O come, all ye bakers! Our food stylist shows you how to **shape this classic dough** into a buttery batch of candy canes.



SEE RECIPE page 20

Classic Candy Cane Butter Cookies

Classic Candy Cane Butter Cookies



To make cookies that look like candy canes, color half the dough red, and get twisting. The canes go well with hot chocolate, too.

—SHANNON ROUM
TASTE OF HOME FOOD STYLIST

PREP: 45 MIN. + CHILLING
BAKE: 10 MIN./BATCH
MAKES: 3 DOZEN

- **1 cup butter, softened**
- **⅔ cup sugar**
- **¼ tsp. salt**
- **1 large egg yolk**
- **2 tsp. vanilla extract**
- **2¼ cups all-purpose flour**
- **¼ tsp. red paste food coloring**

1. In a large bowl, cream butter, sugar and salt until light and fluffy. Beat in egg yolk and vanilla; gradually beat in flour. Divide dough in half; mix food coloring into one half. Roll each dough into a 6-in. square. Wrap each in plastic wrap; refrigerate 1 hour or overnight.

Food-coloring paste gives the most vibrant color. Liquid works (just a few drops!), but the color is fainter.

2. Preheat oven to 350°. Cut each dough into 36 squares. Roll one piece plain dough into a 6-in. rope; roll one piece red dough into a 6-in. rope. Place ropes side by side. Lift left rope over the right; repeat to form a twist. Repeat with remaining dough. Place 1 in. apart on parchment paper-lined baking sheets, curving top of each twist to form hook of cane.

3. Bake 7-9 minutes or until set. Cool on pans 3 minutes. Remove to wire racks to cool.

PER COOKIE *90 cal., 5 g fat (3 g sat. fat), 19 mg chol., 57 mg sodium, 10 g carb., trace fiber, 1 g pro.*



GIFT-A-THON
You've baked your heart out. Now get those treats packaged up real pretty with fun how-to's at tasteofhome.com/giftpackage

Give It a Twirl

A roll here, a flip there, and a pretty little curve to finish it up—our food stylist's simple method is easy to master at home.

test kitchen TIPS



ROLL both plain and red dough into 6x6-inch squares on a cutting board covered in parchment paper; chill. Then cut each square into six rows in one direction, then six rows in the other to get 36 even squares.



SOFTEN a dough square slightly in your hands till just pliable. Roll dough into a 6-inch rope. Repeat! No worries if your ropes aren't 6 inches on the dot. (Once they're baked, they're gonna get eaten!)



PLACE a red rope and a plain rope side by side on parchment paper. Gently lift the strand on the left, cross it over the other and lay it back down. Repeat until you've formed a twist.



TRANSFER each dough twist to a parchment-lined cookie sheet. Create the hook of the candy cane as you set down the twist.

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Tasty Table Lights

Prep Time: 10 min. • **Bake Time:** 45 min.
Difficulty: Moderate • **Yield:** Makes 24 cookies

- ⅓ cup flour
- 1 18 oz. roll refrigerated sugar cookie dough
- 1½ cups prepared vanilla frosting
- 3 cups M&M'S® Brand MINIS Chocolate Candies
- 4 strands red licorice laces
- Resealable plastic bags
- Drinking straw
- Christmas light shaped cookie cutter (small)

1. Preheat oven to 350°F.
2. Knead the flour into the cookie dough until smooth.
3. Roll the dough out to ¼-inch thickness. By hand, or using a Christmas light cookie cutter, cut out shapes.
4. With a spatula, gently transfer the cookies to a baking sheet. Using a drinking straw, press a hole at the top of each cookie.
5. Bake for 15 minutes. Transfer to a wire rack and let cool completely.
6. Separate different colors of M&M'S® Brand MINIS Chocolate Candies, and set aside.
7. Spread vanilla frosting over each cookie. Arrange a solid color of M&M'S® Brand MINIS Chocolate Candies on top to finish.
8. Let the cookies dry for 30 minutes. Run licorice laces through each hole, connecting the cookies into one continuous strand.

Find more M&M'S® recipes at pinterest.com/mmschocolate



TIP

HERE'S A BRIGHT IDEA

Tint frosting to match the M& M'S® Brand MINIS Chocolate Candies you're decorating with.

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SOUP ON THE SPOT

Grab the crackers or oven-fresh bread—readers simmer up **big bowls of wonderful** in 30 minutes flat.



EAT SMART FAST FIX

Quick Mushroom Barley Soup

I paid my mother a surprise visit in Georgia several years ago, and when I walked in, she was preparing this soup. It was so fantastic that I asked for the recipe. I've been fixing it ever since.
—EDIE IRWIN CORNWALL, NY

START TO FINISH: 30 MIN.
MAKES: 6 SERVINGS

- **1 Tbsp. olive oil**
- **1 cup sliced fresh mushrooms**
- **½ cup chopped carrot**
- **⅓ cup chopped onion**
- **2 cups water**
- **¾ cup quick-cooking barley**
- **2 Tbsp. all-purpose flour**
- **3 cups whole milk**
- **1½ tsp. salt**
- **½ tsp. pepper**

1. In a saucepan, heat oil over medium heat. Add mushrooms, carrot and onion; cook and stir 5 minutes. Add water and barley. Bring to a boil. Reduce heat; simmer, uncovered, 12-15 minutes or until barley is tender.
2. In a small bowl, mix flour, milk, salt and pepper until smooth; stir into soup. Return to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened.

PER SERVING *196 cal., 7 g fat (3 g sat. fat), 12 mg chol., 654 mg sodium, 27 g carb., 5 g fiber, 8 g pro.*
Diabetic Exchanges: *1½ starch, ½ whole milk, ½ fat.*

5 INGREDIENTS FAST FIX

Bacon-Potato Corn Chowder

I grew up on a farm, so a warm and homey soup, like this one, was always a treat after a chilly day outside.

—**KATIE LILLO** WOODBURY, MN

START TO FINISH: 30 MIN. • **MAKES:** 6 SERVINGS

- ½ lb. bacon strips, chopped
- ¼ cup chopped onion
- 1½ lbs. Yukon Gold potatoes (about 5 medium), peeled and cubed
- 1 can (14¾ oz.) cream-style corn
- 1 can (12 oz.) evaporated milk
- ¼ tsp. each salt and pepper

1. In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1½ tsp. in pan. Add onion to drippings; cook and stir over medium-high heat until tender.
2. Place potatoes in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, 10-15 minutes or until tender. Drain, reserving 1 cup potato water.
3. Add corn, milk, salt, pepper and reserved potato water to saucepan; heat through. Stir in bacon and onion.

PER SERVING *271 cal., 11 g fat (5 g sat. fat), 30 mg chol., 555 mg sodium, 34 g carb., 2 g fiber, 10 g pro.*



Weekday Beef Stew
Daniel Anderson
Pleasant Prairie, WI

5 INGREDIENTS FAST FIX

Weekday Beef Stew

Beef stew with flaky puff pastry adds comfort and joy to the weeknight menu. Make a salad, and call the crowd to the table.

—**DANIEL ANDERSON** PLEASANT PRAIRIE, WI

START TO FINISH: 30 MIN. • **MAKES:** 4 SERVINGS

- 1 sheet frozen puff pastry, thawed
- 1 pkg. (15 oz.) refrigerated beef roast au jus
- 2 cans (14½ oz. each) diced tomatoes, undrained
- 1 pkg. (16 oz.) frozen vegetables for stew
- ¾ tsp. pepper
- 2 Tbsp. cornstarch
- 1¼ cups water

1. Preheat oven to 400°. Unfold puff pastry. Using a 4-in. round cookie cutter, cut out four circles. Place 2 in. apart on a greased baking sheet. Bake pastry 14-16 minutes or until golden brown.
2. Meanwhile, shred beef with two forks; transfer to a large saucepan. Add tomatoes, vegetables and pepper; bring to a boil. In a small bowl, mix cornstarch and water until smooth; stir into beef mixture. Return to a boil, stirring constantly; cook and stir 1-2 minutes or until thickened.
3. Ladle stew into four bowls; top each with a pastry round.

PER SERVING *604 cal., 25 g fat (8 g sat. fat), 73 mg chol., 960 mg sodium, 65 g carb., 9 g fiber, 32 g pro.* ■



THE TASTY 10

OVER THE TOP

When it comes to soup, there are crackers—and then there are cheesy croutons, roasty pumpkin seeds and dashes of spice. These **Facebook friends sprinkle on the fun.**

1 Tomato soup topped with **mini grilled cheese sandwiches.** I cut the sammies into pieces and throw them on.
—JENNY MINNICK-STATES
PENROSE, CO

2 I never understood **shoestring potatoes** until a stroke of genius inspired me to top my soup with them.
—KERRY ROBERTS KEUVELAAR
FOWLERVILLE, MI

3 For squash soups, I scatter on **roasted pumpkin seeds** and some fresh sage leaves quickly fried in a little olive oil.
—KERI LARSON
MINNEAPOLIS, MN

4 Posole, a homey Mexican soup, is even better topped with a **crunchy and cool mix** of chopped radishes, green onions, diced avocado and shredded Monterey Jack, then splashed with taco sauce and fresh lime juice.
—CAT CODIGA CAMPBELL
NORTH FORK, CA

5 Take leftover **corn bread crumbles** and saute in butter. Toss them onto cowboy soup [homemade hamburger stew] and you're ready.
—DONNA MCANALLY HERRINGTON
LUMBERTON, TX

6 Down here in Cajun country we love our gumbo...topped with **homemade potato salad!** The creamy salad with the rich gumbo—it's cold and hot balancing perfectly together in one amazing bowl. *Laissez les bons temps rouler!*
—FAYE HOFFPAUER
CROWLEY, LA

7 I like **pesto** on my chicken noodle; for beef stew, I want fresh herbs and a dollop of Greek yogurt.
—ANNA A. SIMS
DOYLESTOWN, PA

8 **Freeze-dried corn** from the Savory Spice Shop **(savoryspiceshop.com).**
—LYNNE HUSKEY
LITTLETON, CO

9 Make **sourdough croutons.** Drizzle olive oil over pieces of sourdough bread; sprinkle them with Parmesan, basil and thyme. Toast under the broiler. Pile them onto just about any soup.
—VALLERI GLASGOW
SURPRISE, AZ

10 I love throwing on some **cooked shrimp, thinly sliced basil** and, if I'm feeling daring, a little spicy horseradish.
—SHARON MANSOUR
ORLANDO, FL

MORE SOUP FOR YOU
Find all the home-simmered classic soup recipes just begging for these fresh takes on toppings at tasteofhome.com/classicsoup

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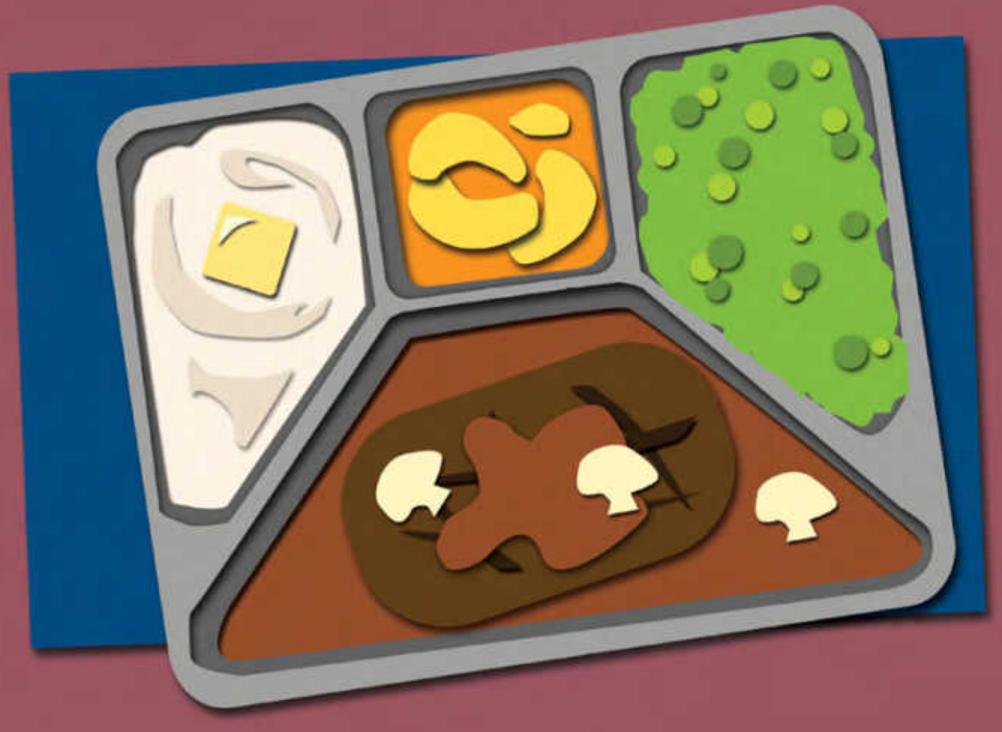
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Italian Spaghetti with Chicken & Roasted Vegetables
Carly Curtin
Ellicott City, MD

Merry & Light

Celebrate the simple comforts. Readers bring out their coconutty shrimp, saucy spaghetti and melty cheesesteaks—**all healthy, happy and weeknight ready.**

EAT SMART

Italian Spaghetti with Chicken & Roasted Vegetables

We love the zesty tomato sauce in this easy dish. It goes great with penne, too.
—CARLY CURTIN ELLICOTT CITY, MD

PREP: 25 MIN. • **COOK:** 25 MIN.
MAKES: 6 SERVINGS

- **3 plum tomatoes, seeded and chopped**
- **2 medium zucchini, cubed**
- **1 medium yellow summer squash, cubed**
- **2 Tbsp. olive oil, divided**
- **2 tsp. Italian seasoning, divided**
- **8 oz. uncooked whole wheat spaghetti**
- **1 lb. boneless skinless chicken breasts, cubed**
- **½ tsp. garlic powder**
- **½ cup reduced-sodium chicken broth**
- **⅓ cup dry red wine or additional reduced-sodium chicken broth**
- **4 cans (8 oz. each) no-salt-added tomato sauce**
- **1 can (6 oz.) tomato paste**
- **¼ cup minced fresh basil**
- **2 Tbsp. minced fresh oregano**
- **¼ tsp. salt**
- **6 Tbsp. shredded Parmesan cheese**

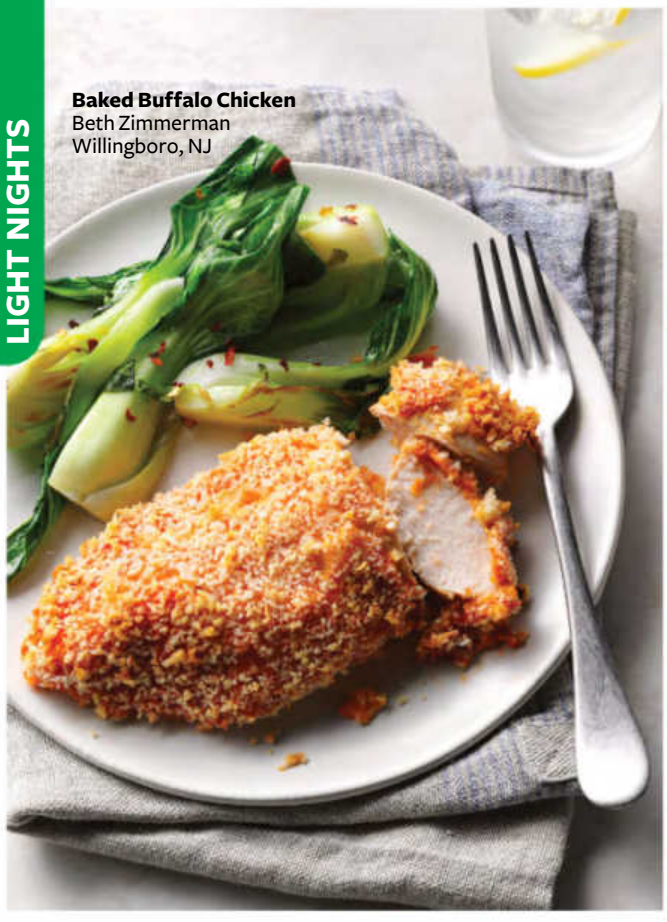
1. Preheat oven to 425°. In a large bowl, combine tomatoes, zucchini and squash. Add 1 Tbsp. oil and 1 tsp. Italian seasoning. Transfer to a 15x10x1-in. baking pan coated with cooking spray. Bake 15-20 minutes or until tender.

2. Meanwhile, cook spaghetti according to package directions. Sprinkle chicken with garlic powder and remaining Italian seasoning. In a large nonstick skillet, heat remaining oil over medium heat. Add chicken; cook until no longer pink. Remove from skillet.

3. Add broth and wine to skillet, stirring to loosen browned bits from pan. Stir in tomato sauce, tomato paste, basil, oregano and salt. Bring to a boil. Return chicken to skillet. Reduce heat; simmer, covered for 4-6 minutes or until the sauce is slightly thickened.

4. Add the drained spaghetti and vegetables to tomato mixture; heat through. Sprinkle with cheese.

PER SERVING *379 cal., 9 g fat (2 g sat. fat), 45 mg chol., 345 mg sodium, 49 g carb., 8 g fiber, 26 g pro.*
Diabetic Exchanges: *2½ starch, 2 lean meat, 2 vegetable, 1 fat.*



Baked Buffalo Chicken
Beth Zimmerman
Willingboro, NJ



Make this your first dinner of 2016. It's said that eating cabbage on New Year's Day brings good luck!

Cabbage Roll Skillet
Susan Chickness | Pictou County, NS

EAT SMART 5 INGREDIENTS

Baked Buffalo Chicken

Whenever I make this tangy chicken, I have to double the recipe because it disappears so fast. Better to have leftovers, especially since they make amazing sandwiches and salads.

—BETH ZIMMERMAN WILLINGBORO, NJ

PREP: 20 MIN. • **BAKE:** 25 MIN.
MAKES: 4 SERVINGS

- **¾ cup Buffalo wing sauce, divided**
- **4 boneless skinless chicken breast halves (6 oz. each)**
- **¾ cup all-purpose flour**
- **¾ tsp. dried tarragon**
- **½ tsp. pepper**
- **1¼ cups panko (Japanese) bread crumbs**

1. Pour ⅓ cup wing sauce into a shallow dish. Add chicken breasts and turn to coat. Let stand for 15 minutes or refrigerate, covered, up to 24 hours.

2. Preheat oven to 400°. Drain chicken, discarding marinade. In a shallow bowl, mix flour, tarragon and pepper. Place bread crumbs and remaining wing sauce in separate shallow bowls. Dip chicken in flour mixture to coat all sides; shake off excess. Dip in wing sauce, then in the bread crumbs, patting to help coating adhere.

3. Place the coated chicken on a rack in a 15x10x1-in. baking pan. Bake for 25-30 minutes or until a thermometer reads 165°.

PER SERVING *277 cal., 5 g fat (1 g sat. fat), 94 mg chol., 811 mg sodium, 18 g carb., 1 g fiber, 37 g pro.*
Diabetic Exchanges: *5 lean meat, 1 starch.*

EAT SMART

Cabbage Roll Skillet

Have a happy helping of this quicker take on a comforting dish. It's perfectly filling when served over brown rice.

—SUSAN CHICKNESS
PICTOU COUNTY, NS

PREP: 15 MIN. • **COOK:** 20 MIN.
MAKES: 6 SERVINGS

- **1 can (28 oz.) whole plum tomatoes, undrained**
- **1 lb. extra-lean ground beef (95% lean)**
- **1 large onion, chopped**
- **1 can (8 oz.) tomato sauce**
- **2 Tbsp. cider vinegar**
- **1 Tbsp. brown sugar**
- **1 tsp. dried oregano**
- **1 tsp. dried thyme**
- **½ tsp. pepper**
- **1 small head cabbage, thinly sliced (about 6 cups)**
- **1 medium green pepper, cut into thin strips**
- **4 cups hot cooked brown rice**

1. Drain tomatoes, reserving liquid; chop tomatoes. In a large nonstick skillet, cook beef and onion over medium-high heat 6-8 minutes or until beef is no longer pink, breaking into crumbles. Stir in tomato sauce, vinegar, brown sugar, seasonings, and tomatoes and reserved liquid.

2. Add cabbage and green pepper; cook, covered, 6 minutes, stirring occasionally. Cook, uncovered, 6-8 minutes longer or until cabbage is tender. Serve with rice.

PER SERVING *332 cal., 5 g fat (2 g sat. fat), 43 mg chol., 439 mg sodium, 50 g carb., 9 g fiber, 22 g pro.*
Diabetic Exchanges: *3 starch, 3 lean meat.*

EAT SMART

Philly Cheesesteak Rolls

My light take on cheesesteak gets straight to the juicy meat, creamy cheese and tender veggies.

—PAIGE DAY NORTH AUGUSTA, SC

PREP: 30 MIN. • **BAKE:** 15 MIN.
MAKES: 4 SERVINGS

- **½ lb. sliced fresh mushrooms**
- **1 medium onion, halved and sliced**
- **1 small green pepper, cut into thin strips**
- **1 beef top round steak (1 lb.)**
- **4 wedges The Laughing Cow light Swiss cheese**
- **¼ tsp. pepper**
- **3 cups hot mashed potatoes (made with fat-free milk)**

1. Preheat oven to 450°. Place a large nonstick skillet coated with cooking spray over medium-high heat. Add the mushrooms, onion and green pepper; cook and stir for 8-10 minutes or until tender. Remove from pan; cool slightly.

2. Cut steak into four pieces; pound with a meat mallet to ¼-in. thickness. Spread with cheese. Sprinkle with pepper; top with onion mixture. Roll up from a short side; secure with toothpicks.

3. Transfer rolls to a foil-lined 15x10x1-in. baking pan. Bake for 15-20 minutes or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°; medium, 160°; well-done, 170°). Let stand 5 minutes before serving. Serve with mashed potatoes.

PER SERVING *364 cal., 10 g fat (3 g sat. fat), 68 mg chol., 822 mg sodium, 34 g carb., 4 g fiber, 33 g pro.*

EAT SMART FAST FIX

Tomato-Poached Halibut

This super-moist halibut dish comes together in one pan. Try it with hearty bread, angel hair pasta or polenta.

—DANNA ROGERS WESTPORT, CT

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- **1 Tbsp. olive oil**
- **2 poblano peppers, finely chopped**
- **1 small onion, finely chopped**
- **1 can (14½ oz.) fire-roasted diced tomatoes, undrained**
- **1 can (14½ oz.) no-salt-added diced tomatoes, undrained**
- **¼ cup chopped pitted green olives**
- **3 garlic cloves, minced**
- **¼ tsp. pepper**
- **⅛ tsp. salt**
- **4 halibut fillets (4 oz. each)**
- **⅓ cup chopped fresh cilantro**
- **4 lemon wedges**
- **Crusty whole grain bread, optional**

1. In a large nonstick skillet, heat oil over medium-high heat. Add poblano peppers and onion; cook and stir 4-6 minutes or until tender.

2. Stir in tomatoes, olives, garlic, pepper and salt. Bring to a boil. Adjust heat to maintain a gentle simmer. Add fillets. Cook, covered, 8-10 minutes or until fish just begins to flake easily with a fork. Sprinkle with chopped cilantro. Serve with lemon wedges and, if desired, whole grain bread.

PER SERVING *224 cal., 7 g fat (1 g sat. fat), 56 mg chol., 651 mg sodium, 17 g carb., 4 g fiber, 24 g pro.*
Diabetic Exchanges: *3 lean meat, 1 starch, ½ fat.*

Continued on page 33 ►



Philly Cheesesteak Rolls
Paige Day
North Augusta, SC



Tomato-Poached Halibut
Danna Rogers | Westport, CT



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START WITH PURE FLAVORS.
END WITH PURE CHEER.



McCormick® Herbed Prime Rib

2 tbsp. **McCormick Basil Leaves**
2 tbsp. **McCormick Oregano Leaves**
1 tbsp. **McCormick Garlic Powder**
2 tsp. **McCormick Onion Powder**
1 tsp. **McCormick Ground Black Pepper**
1 boneless beef rib roast (5 to 6 lbs.)
2 tbsp. oil
1 tsp. salt

MIX first 5 ingredients in small bowl. Set aside. Trim excess fat from top of beef, leaving a layer of fat about 1/4-inch thick. Place roast on rack in shallow roasting pan. Brush beef with oil. Sprinkle with salt. Coat with seasoning mixture.

ROAST, uncovered, in preheated 350°F oven until internal temperature reaches 130°F for medium-rare (1 3/4 to 2 1/4 hours) or 140°F for medium (2 1/4 to 2 3/4 hours). Begin checking internal temperature of roast with meat thermometer 30 minutes before estimated end cook time. Cover with foil and let stand 15 minutes before carving. The temperature of the meat will rise about 10°F during standing.

Makes 16 servings.

Tip: To prepare recipe with roasted vegetables, visit **mccormick.com**

At McCormick, we believe pure tastes better. That's why our herbs and spices have no added fillers. Just 100% pure flavor. For more great-tasting recipes, visit mccormick.com



EAT SMART FAST FIX

Spicy Coconut Shrimp with Quinoa

We love that this simple dish is quick to make but still elegant enough to serve when company's over. Just add your favorite salad and call it a day.
—KERI WHITNEY CASTRO VALLEY, CA

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- **1 cup quinoa, rinsed**
- **2 cups water**
- **¼ tsp. salt**

SHRIMP

- **1 tsp. olive oil**
- **1 medium onion, chopped**
- **1 Tbsp. minced fresh gingerroot**
- **½ tsp. curry powder**
- **½ tsp. ground cumin**
- **¼ tsp. salt**
- **¼ tsp. cayenne pepper**
- **1 lb. uncooked shrimp (26-30 per lb.), peeled and deveined**
- **2 cups fresh snow peas (about 7 oz.), trimmed**
- **3 Tbsp. light coconut milk**
- **1 Tbsp. orange juice**
- **¼ cup flaked coconut, toasted**
- **¼ cup minced fresh cilantro**

1. In a saucepan, combine the quinoa, water and salt; bring to a boil. Reduce heat; simmer, covered, 12-15 minutes or until liquid is absorbed. Remove from heat; fluff with a fork.
2. Meanwhile, in a large nonstick skillet, heat oil over medium heat. Add onion; cook and stir 4-6 minutes or until tender. Stir in ginger, curry powder, cumin, salt and cayenne; cook 1 minute longer.
3. Add shrimp and snow peas to skillet; cook and stir 3-4 minutes or until shrimp turn pink and snow peas are crisp-tender. Stir in coconut milk and orange juice; heat through. Serve with quinoa; top each serving with coconut and cilantro.

TO TOAST COCONUT *Bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until golden brown, stirring occasionally.*

PER SERVING *330 cal., 8 g fat (3 g sat. fat), 138 mg chol., 451 mg sodium, 37 g carb., 5 g fiber, 26 g pro.*

Diabetic Exchanges: *3 lean meat, 2 starch, 1 vegetable, ½ fat.* ■





Makeover Biscuits & Gravy

A **Southern classic** slims down while staying close to its countrified roots.

MAKEOVER	TYPICAL
308 Calories	444 Calories
10g Fat	26g Fat
5g Saturated Fat	14g Saturated Fat

FLAKY BISCUITS SMOTHERED IN SAUSAGE GRAVY ARE A DOWN-HOME BRUNCH FAVORITE—and oftentimes a downright splurge. Ian Cliffe of Milwaukee, Wisconsin, shows off this breakfast bomb's lighter side. He bakes whole wheat biscuits to boost fiber, uses spicy chicken sausage instead of pork, and simmers a brothy, creamy gravy for a weekend treat that sticks to the ribs, not to the waistline.

EAT SMART

Makeover Biscuits & Gravy



We lightened up biscuits and gravy to curb our guilt for eating them the day after a big pancake breakfast. Our brunch guests love us for it.
—IAN CLIFFE MILWAUKEE, WI

PREP: 25 MIN. • **COOK:** 20 MIN.
MAKES: 6 SERVINGS

- **1⅓ cups all-purpose flour**
- **⅔ cup whole wheat flour**
- **2 tsp. baking powder**
- **½ tsp. baking soda**
- **¼ tsp. salt**
- **3 Tbsp. cold butter**
- **1 cup buttermilk**

GRAVY

- **1 tsp. olive oil**
- **½ lb. bulk chicken sausage**
- **1 medium onion, finely chopped**
- **1 garlic clove, minced**
- **1 tsp. minced fresh thyme**
- **⅛ to ¼ tsp. crushed red pepper flakes**
- **⅛ tsp. pepper**
- **2 cups reduced-sodium chicken broth**
- **2 Tbsp. all-purpose flour**
- **½ cup 2% milk**

1. Preheat oven to 425°. In a large bowl, whisk flours, baking powder, baking soda and salt. Cut in butter until crumbly. Add buttermilk; stir just until moistened.
2. Turn onto a lightly floured surface; knead gently 8-10 times. Pat dough into a 7x5-in. rectangle (about 1 in. thick); cut into six pieces. Place 2 in. apart on a parchment paper-lined baking sheet. Bake 8-12 minutes or until golden brown.
3. Meanwhile, in a large skillet, heat oil over medium heat. Add sausage and onion; cook 4-6 minutes or until sausage is no longer pink and onion is tender, breaking up sausage into crumbles. Add garlic, thyme, red pepper flakes and pepper; cook 30 seconds longer.
4. Add broth to pan. In a small bowl, mix flour and milk until smooth; stir into sausage mixture. Return to a boil, stirring constantly; cook and stir 10-12 minutes or until thickened.
5. Split biscuits in half; serve warm with gravy.

PER SERVING *308 cal., 10 g fat (5 g sat. fat), 48 mg chol., 854 mg sodium, 40 g carb., 3 g fiber, 15 g pro.*
Diabetic Exchanges: *2½ starch, 1½ fat, 1 lean meat.* ■

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Winter Fresh

Citrus salad takes you halfway to your daily vitamin C—and all the way to **dinner's most refreshing side.**



EAT SMART FAST FIX

Grapefruit & Fennel Salad with Mint Vinaigrette

When my dad shares his homegrown grapefruit with me, I toss it with onion, fennel and mint for a fantastic salad.
—CATHERINE WILKINSON DEWEY, AZ

START TO FINISH: 15 MIN.
MAKES: 4 SERVINGS

- **1 medium red grapefruit**
- **1 medium fennel bulb, halved and thinly sliced**
- **¼ cup thinly sliced red onion**

VINAIGRETTE

- **3 Tbsp. fresh mint leaves**
- **2 Tbsp. sherry vinegar**
- **1½ tsp. honey**
- **⅛ tsp. salt**
- **⅛ tsp. coarsely ground pepper**
- **2 Tbsp. olive oil**

1. Segment grapefruit *(see tip at right).* Arrange fennel, grapefruit and onion on a serving platter.
2. Place mint, vinegar, honey, salt and pepper in a small food processor. Cover and process until mint is finely chopped, slowly adding oil in a steady stream. Drizzle dressing over salad.
PER SERVING *114 cal., 7 g fat (1 g sat. fat), 0 chol., 107 mg sodium, 13 g carb., 3 g fiber, 1 g pro.*
Diabetic Exchanges: *1½ fat, 1 vegetable, ½ fruit.*

A few spoonfuls of honey make a sweet nighttime cough suppressant.



CITRUS SUPREMES

With a sharp knife, cut a thin slice off the top and bottom of a grapefruit; stand the fruit upright on a cutting board. Cut off the peel and the white outer membrane, or pith, from the fruit. Slice along the tough membrane of each segment to remove the fruit.



PHOTOS, SHUTTERSTOCK.COM—HONEY: GRIGORUNKOVSKI; CITRUS: VICUSCHKA

3 Sunny Sides of Citrus

1 Good news for citrus lovers. Eating these fruits may lower your risk of stroke. A 2012 study published in the journal *Stroke* showed that women who regularly ate or drank flavanones—a compound found almost exclusively in citrus—reduced their risk for blood clot-related stroke by 19 percent.

2 A 12-week study in the *Journal of Medicinal Food* found that people who ate half a fresh grapefruit before each meal dropped an average of 3½ pounds.

3 Keep seeing clearly with vitamin C. Research shows that our eyes need lots of it to maintain sharp vision.



Indications and Usage for Afrezza®

Prescription Afrezza® is a man-made rapid acting inhaled insulin breathed through your lungs and is used to control high blood sugar in adults with type 1 and type 2 diabetes.

Limitations of Use:

- Do not use Afrezza® in place of long-acting insulin; Afrezza® must be used with a long-acting insulin in patients with type 1 diabetes.
- Do not use Afrezza® to treat diabetic ketoacidosis.
- It is not known if Afrezza® is safe and effective for use in people who smoke. Afrezza® is not for use in patients who smoke or who have recently stopped smoking (less than 6 months).
- It is not known if Afrezza® is safe and effective in children under 18 years of age.

Important Safety Information for Afrezza®

WARNING: RISK OF SUDDEN LUNG PROBLEMS (BRONCHOSPASM) IN PATIENTS WITH LONG-TERM (CHRONIC) LUNG DISEASE

- **Sudden lung problems (acute bronchospasm) have been seen in patients with asthma and COPD (chronic obstructive pulmonary disease) using Afrezza®.**
- **Afrezza® is not to be used in patients with long-term lung disease such as asthma or COPD.**
- **Before initiating Afrezza®, your doctor will perform a detailed medical history, physical examination, and a breathing test (called spirometry) to identify potential lung problems.**

Do not use Afrezza® if you have problems with your lungs, such as asthma or COPD (chronic obstructive pulmonary disease). Do not use Afrezza® during a low blood sugar reaction (hypoglycemia). If you are allergic to regular human insulin or to any of the ingredients in Afrezza®, do not use Afrezza® as this may cause a significant and severe allergic reaction.

Before using Afrezza®, it is important to tell your doctor about all your medical conditions, including if you have a history of lung problems, if you smoke or have recently quit smoking, if you are pregnant or plan to become pregnant, or if you are breast feeding or planning to breast-feed. Tell your doctor about all other medicines and supplements you take.

Your doctor will take a medical history, and do a physical exam and a breathing test (called spirometry) to determine if you have lung problems. Patients with lung problems should not use Afrezza®. If your doctor finds you have lung problems, use of Afrezza® may cause a severe asthma-like breathing problem. Afrezza® can reduce lung function, so your doctor will also want to test your breathing 6 months after starting Afrezza®, and then each year after that, even if you have no lung symptoms. More frequent testing should be done if you have symptoms such as wheezing or coughing.

You must test your blood sugar levels while using insulin, such as Afrezza®. Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made carefully and only under your doctor's care.

There are certain serious side effects that are associated with the use of Afrezza®

Severe allergic reaction (including whole body reaction) is one of the serious side effects. Get medical help right away if you have any signs or symptoms of a severe allergic reaction, including a rash over your whole body, trouble breathing, a fast heartbeat, or sweating.

Low blood sugar (hypoglycemia) is one of the most common side effects of insulin, including Afrezza®, which can be serious and life-threatening. Common symptoms of hypoglycemia are dizziness or light-headedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability or mood change, or hunger. It may cause harm to your heart or brain. It is important for you to understand how to manage the use of Afrezza®, and to understand how to lessen the risk of hypoglycemia events.

Lung cancer occurred in more people who were taking Afrezza® compared to other diabetes medications. There were too few cases to know if lung cancer was related to Afrezza®. Tell your doctor if you currently have lung cancer, have had it in the past, or if you have an increased risk of developing lung cancer.

Heart failure can occur if you are taking insulin together with certain medicines called TZDs (thiazolidinediones), even if you have never had heart failure or other heart problems. If you already have heart failure it may get worse while you take TZDs with Afrezza®. Tell your doctor if you have any new or worsening symptoms of heart failure including shortness of breath, swelling of your ankles or feet or sudden weight gain. Your treatment with Afrezza® and TZDs may need to be changed or stopped if you have new or worsening heart failure.

Get emergency help if you have trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, or confusion. While using Afrezza® do not drive or operate heavy machinery until you know how Afrezza® affects you. You should not drink alcohol or use other medicines that contain alcohol and you should not smoke.

The most common side effects of Afrezza® include low blood sugar (hypoglycemia), cough, sore throat, headache, diarrhea, tiredness, and nausea.

You are encouraged to report negative side effects of all prescription drugs to the FDA. **Visit www.fda.gov/medwatch** or **call 1-800-FDA-1088.**

Please turn page to see important Medication Guide.

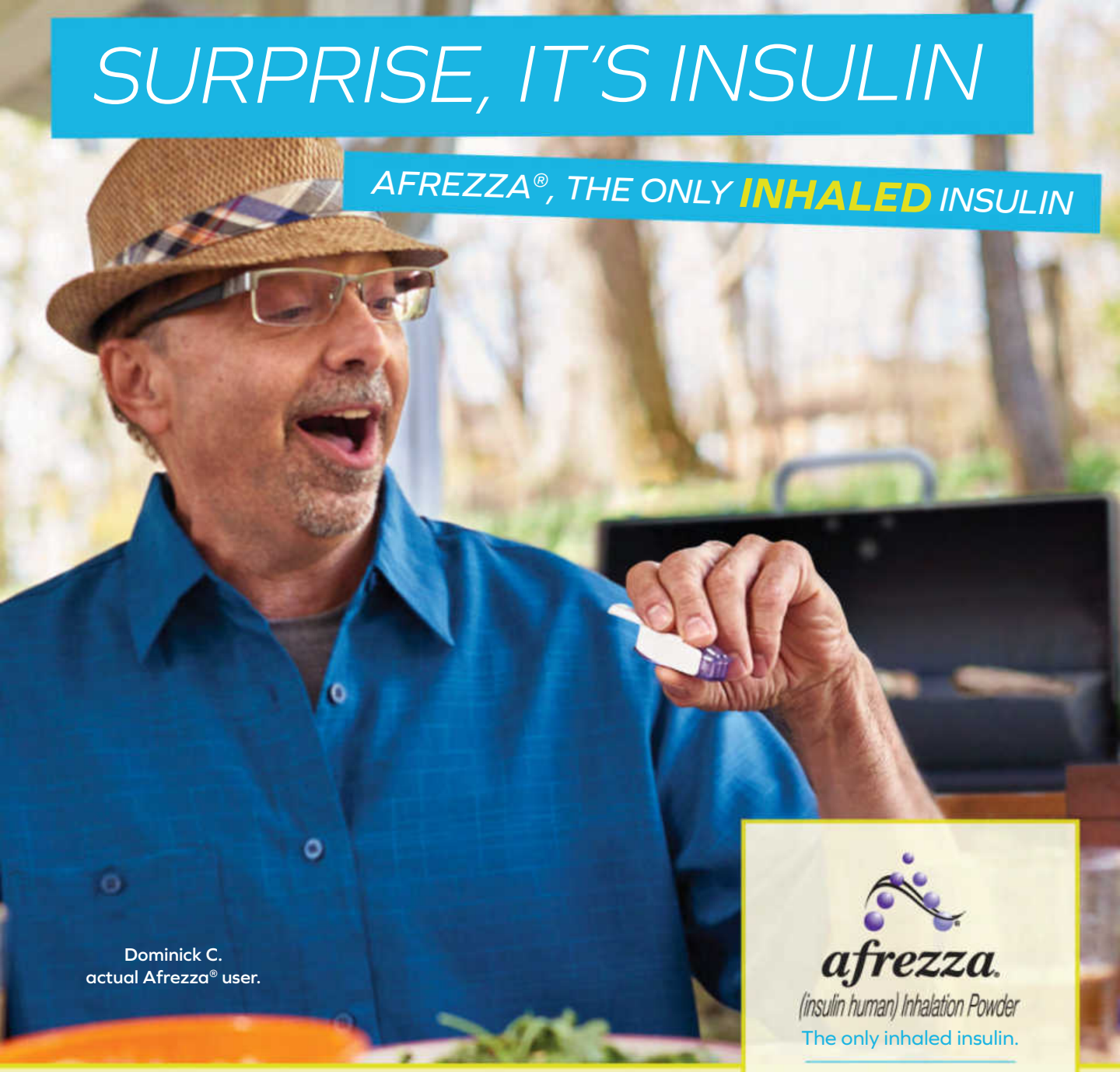
Please see full Prescribing Information, including **Boxed WARNING**, at afrezza.com.

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MannKind Corporation, Danbury, CT 06810
Distributed by: sanofi-aventis U.S. LLC,
Bridgewater, NJ 08807
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afrezza
(insulin human) Inhalation Powder

SURPRISE, IT'S INSULIN

AFREZZA®, THE ONLY **INHALED** INSULIN



Dominick C.
actual Afrezza® user.

afrezza®
(insulin human) Inhalation Powder
The only inhaled insulin.

Ask your healthcare professional today if inhaled Afrezza® may be right for you, and sign up for a

$0
co-pay
for your first prescription, with the Afrezza® Savings Card*, at **afrezza.com**.

Are you getting the blood sugar control you need from your current treatment plan? If not, your healthcare professional may decide it's time to add a mealtime insulin, such as Afrezza®—the only inhaled insulin.

Delivered through a specially designed inhaler, Afrezza® provides the mealtime insulin you may need to improve your blood sugar control.



*Offer is not valid for patients if their prescriptions are paid in part or in full by any state or federally funded programs, including, but not limited to, Medicare or Medicaid, Medigap, VA, DOD or TriCare. Offer is not valid where prohibited by law. Sanofi US reserves the right to rescind, revoke, or amend this offer without notice. Maximum benefit is $150 off per prescription depending on your out-of-pocket costs for the duration of the program. Eligibility criteria: Only patients who reside in the United States, Puerto Rico, Guam or the US Virgin Islands can participate in this program. This program is not valid where prohibited by law. If you have any questions about this program, please call 866-991-2840, or if you have questions about Afrezza®, talk to your healthcare professional and visit afrezza.com.

Medication Guide **Rx Only**

Afrezza® (uh-FREZZ-uh)
(insulin human) inhalation powder

What is the most important information I should know about Afrezza®?

Afrezza® can cause serious side effects, including:

- **Sudden lung problems (bronchospasm). Do not use Afrezza® if you have long-term (chronic) lung problems such as asthma or chronic obstructive pulmonary disease (COPD).** Before starting Afrezza®, your healthcare provider will give you a breathing test to check how your lungs are working.

What is Afrezza®?

- Afrezza® is a man-made insulin that is breathed-in through your lungs (inhaled) and is used to control high blood sugar in adults with diabetes mellitus.
- Afrezza® is not for use in place of long-acting insulin. Afrezza® must be used with long-acting insulin in people who have type 1 diabetes mellitus.
- Afrezza® is not for use to treat diabetic ketoacidosis.
- It is not known if Afrezza® is safe and effective for use in people who smoke. Afrezza® is not for use in people who smoke or have recently stopped smoking (less than 6 months).
- It is not known if Afrezza® is safe and effective in children under 18 years of age.

Who should not use Afrezza®?

Do not use Afrezza® if you:

- have chronic lung problems such as asthma or COPD.
- are allergic to regular human insulin or any of the ingredients in Afrezza®.

See the end of this Medication Guide for a complete list of ingredients in Afrezza®.

What should I tell my healthcare provider before using Afrezza®?

Before using Afrezza®, tell your healthcare provider about all your medical conditions, including if you:

- have lung problems such as asthma or COPD
- have or have had lung cancer
- are using any inhaled medications
- smoke or have recently stopped smoking
- have kidney or liver problems
- are pregnant, planning to become pregnant, or are breastfeeding. Afrezza® may harm your unborn or breastfeeding baby.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins or herbal supplements.

Before you start using Afrezza®, talk to your healthcare provider about low blood sugar and how to manage it. How should I use Afrezza®?

- Read the detailed **Instructions for Use** that comes with your Afrezza®.
- Take Afrezza® exactly as your healthcare provider tells you to. Your healthcare provider should tell you how much Afrezza® to use and when to use it.
- Know the strength of Afrezza® you use. **Do not** change the amount of Afrezza® you use unless your healthcare provider tells you to.
- Take Afrezza® at the beginning of your meal.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugar should be and when you should check your blood sugar levels.
- **Keep Afrezza® and all medicines out of the reach of children.**

Your dose of Afrezza® may need to change because of:

- Change in level of physical activity or exercise, weight gain or loss, increased stress, illness, change in diet, or because of other medicines you take.

What should I avoid while using Afrezza®?

While using Afrezza® do not:

- drive or operate heavy machinery, until you know how Afrezza® affects you
- drink alcohol or use over-the-counter medicines that contain alcohol
- smoke

What are the possible side effects of Afrezza®?

Afrezza® may cause serious side effects that can lead to death, including:

See "What is the most important information I should know about Afrezza®?"

- **low blood sugar (hypoglycemia).** Signs and symptoms that may indicate low blood sugar include:
 - dizziness or light-headedness, sweating, confusion, headache, blurred vision, slurred speech, shakiness, fast heartbeat, anxiety, irritability or mood change, hunger.
- **decreased lung function.** Your healthcare provider should check how your lungs are working before you start using Afrezza®, 6 months after you start using it and yearly after that.
- **lung cancer.** In studies of Afrezza® in people with diabetes, lung cancer occurred in a few more people who were taking Afrezza® than in people who were taking other diabetes medications. There were too few cases to know if lung cancer was related to Afrezza®. If you have lung cancer, you and your healthcare provider should decide if you should use Afrezza®.
- **diabetic ketoacidosis.** Talk to your healthcare provider if you have an illness. Your Afrezza® dose or how often you check your blood sugar may need to be changed.
- **severe allergic reaction (whole body reaction). Get medical help right away if you have any of these signs or symptoms of a severe allergic reaction:**
 - a rash over your whole body, trouble breathing, a fast heartbeat, or sweating.
- **low potassium in your blood (hypokalemia).**
- **heart failure.** Taking certain diabetes pills called thiazolidinediones or "TZDs" with Afrezza® may cause heart failure in some people. This can happen even if you have never had heart failure or heart problems before. If you already have heart failure it may get worse while you take TZDs with Afrezza®. Your healthcare provider should monitor you closely while you are taking TZDs with Afrezza®. Tell your healthcare provider if you have any new or worse symptoms of heart failure including:
- shortness of breath, swelling of your ankles or feet, sudden weight gain.

 Treatment with TZDs and Afrezza® may need to be changed or stopped by your healthcare provider if you have new or worse heart failure.

Get emergency medical help if you have:

- trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue, or throat, sweating, extreme drowsiness, dizziness, confusion.

The most common side effects of Afrezza® include:

- low blood sugar (hypoglycemia), cough, sore throat

These are not all the possible side effects of Afrezza®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 (1-800-332-1088).

General information about the safe and effective use of Afrezza®.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Afrezza® for a condition for which it was not prescribed. Do not give Afrezza® to other people, even if they have the same symptoms that you have. It may harm them. This Medication Guide summarizes the most important information about Afrezza®. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for information about Afrezza® that is written for health professionals. For more information, go to afrezza.com or call sanofi-aventis 1-800-633-1610.

What are the ingredients in Afrezza®?

Active ingredient: human insulin
Inactive ingredients: fumaryl diketopiperazine, polysorbate 80
Manufactured By:
MannKind Corporation
Afrezza® is a registered trademark owned by MannKind Corporation

afrezza
(insulin human) Inhalation Powder

Celebrate

Home cooking and a whole lot of fun.



Decked Out BRUNCH

The first gifts of the day come straight from your kitchen. The celebrating, giving, sharing and feasting start with **a big breakfast made at home with love.**

Cherry-Almond Coffee Cake

Every Christmas morning, I bake a coffee cake that's rich and creamy like a cheesecake. My family loves cherries on top, but make it yours with the fruit preserves you like best.

—SUE TORN GERMANTOWN, WI

PREP: 15 MIN. • **BAKE:** 50 MIN. + COOLING
MAKES: 12 SERVINGS

- **2½ cups all-purpose flour**
- **1 cup sugar, divided**
- **¾ cup cold butter, cubed**
- **½ tsp. baking powder**
- **½ tsp. baking soda**
- **¼ tsp. salt**
- **1 cup (8 oz.) sour cream**
- **2 large eggs, divided use**
- **1 tsp. almond extract**
- **1 pkg. (8 oz.) cream cheese, softened**
- **1 cup cherry preserves**
- **½ cup sliced almonds**

1. Preheat oven to 350°. In a large bowl, mix flour and ¾ cup sugar; cut in butter until crumbly. Reserve ½ cup crumb mixture for topping. Add baking powder, baking soda and salt to remaining crumb mixture. Stir in sour cream, 1 egg and extract until blended.

2. Spread onto bottom of a greased 9-in. springform pan. In a small bowl, beat cream cheese and the remaining sugar until smooth. Add the remaining egg; beat on low speed just until blended. Pour into pan; spoon preserves over top. Sprinkle with the reserved crumb mixture and almonds.

3. Bake 50-60 minutes or until top is golden brown. Cool on a wire rack 15 minutes. Loosen sides from pan with a knife; remove rim from pan. Serve warm or cold.

PER SERVING *468 cal., 24 g fat (14 g sat. fat), 96 mg chol., 298 mg sodium, 56 g carb., 1 g fiber, 6 g pro.*

EAT SMART FAST FIX

Orange Pomegranate Salad with Honey



I discovered this fragrant salad in a cooking class. Orange flower water perks it up, but orange juice adds a nice zip, too!

—CAROL RICHARDSON MARTY
LYNWOOD, WA field editor

START TO FINISH: 15 MIN.
MAKES: 6 SERVINGS

- **5 medium oranges or 10 clementines**
- **½ cup pomegranate seeds**
- **2 Tbsp. honey**
- **2 tsp. orange flower water or orange juice**

1. Cut a thin slice from the top and bottom of each orange; stand orange upright on a cutting board. With a sharp knife, cut off peel and outer membrane from oranges. Cut crosswise into ½-in. slices.

2. Arrange orange slices on a serving platter; sprinkle with pomegranate seeds. In a bowl, mix honey and orange flower water; drizzle over fruit.

PER SERVING *62 cal., trace fat (trace sat. fat), 0 chol., 2 mg sodium, 15 g carb., trace fiber, 1 g pro.*

Diabetic Exchange: *1 fruit.*



Growing up in Florida with easy access to the best citrus, we always included it in our holiday meal. I love this recipe because I can quickly make it in the morning, and then let it chill in the refrigerator until just before the meal. I know some cooks at the holidays generally like to go with tried-and-true family favorites, but, trust me, giving this one a try is worth it for sure. It will brighten up your whole holiday table.

—Carol Richardson Marty

FIND THEM! Round Marble and Wood Pedestal Stand (*shown on page 41*) *$35* **worldmarket.com;** Sweet Creations 9-in. Parchment Paper Baking Liners (*shown on page 41*) *$5* **amazon.com;** Silver Quartz Oval Platter (*left*) *$143* **mikasa.com**

Eggs Florentine Casserole



For our Christmas brunch, I make this snappy casserole that pleases the whole family.
—KAREN WEEKLEY
WASHINGTON, WV

PREP: 25 MIN. • **BAKE:** 30 MIN. + STANDING
MAKES: 12 SERVINGS

- **1 lb. bulk pork sausage**
- **2 Tbsp. butter**
- **1 large onion, chopped**
- **1 cup sliced fresh mushrooms**
- **1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry**
- **12 large eggs**
- **2 cups 2% milk**
- **1 cup (4 oz.) shredded Swiss cheese**
- **1 cup (4 oz.) shredded sharp cheddar cheese**
- **¼ tsp. paprika**

1. Preheat oven to 350°. In a large skillet, cook sausage over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain and transfer to a greased 13x9-in. baking dish.
2. In same skillet, heat butter over medium-high heat. Add the onion and mushrooms; cook and stir for 3-5 minutes or until tender. Stir in spinach. Spoon vegetable mixture over sausage.
3. In a bowl, whisk eggs and milk; pour egg mixture over vegetables. Sprinkle with cheese and paprika. Bake, uncovered, 30 minutes or until the center is set and a thermometer inserted in center reads 165°. Let stand 10 minutes before serving.
PER SERVING *271 cal., 20 g fat (9 g sat. fat), 226 mg chol., 344 mg sodium, 6 g carb., 1 g fiber, 16 g pro.* ■

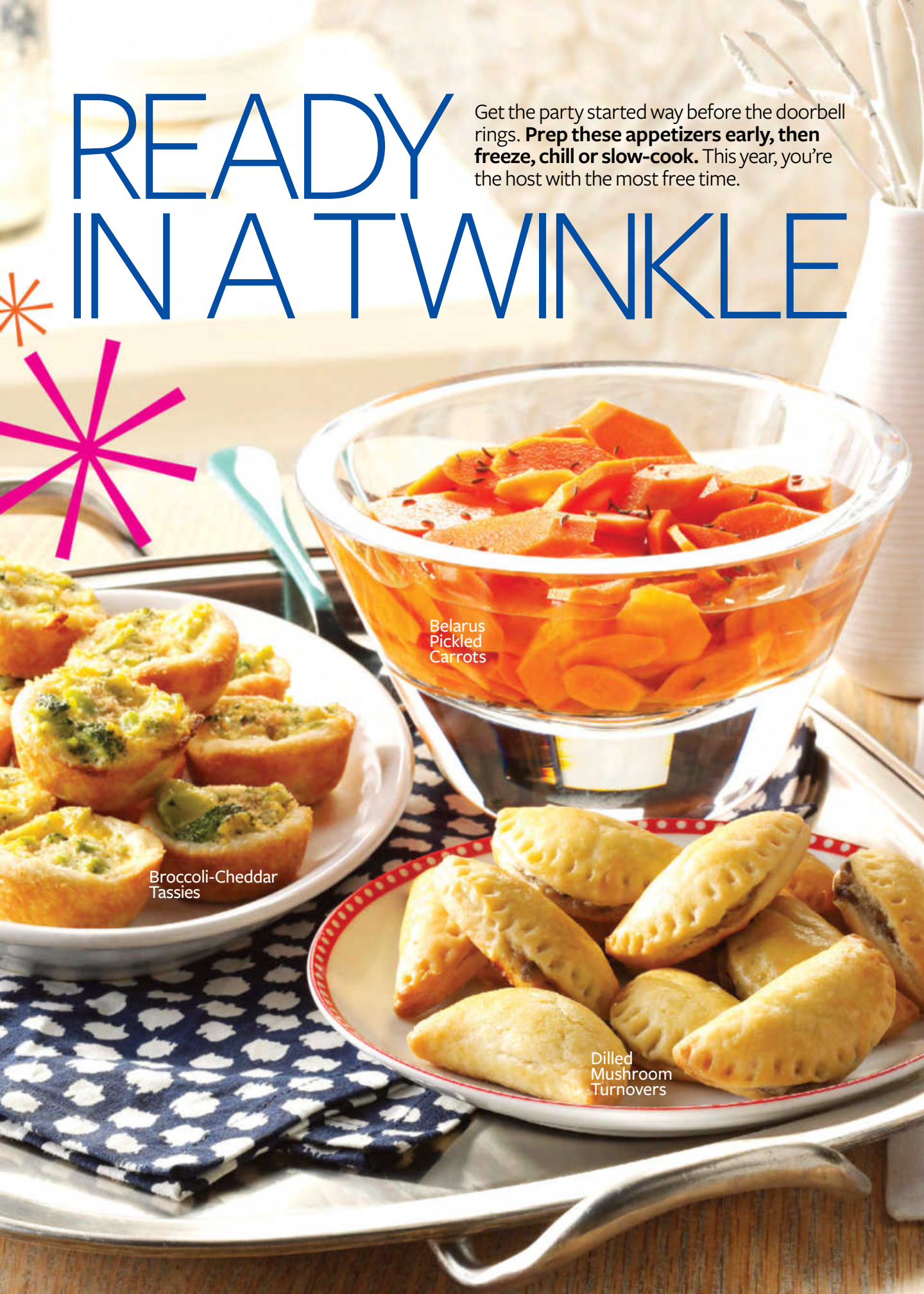



Karen's casserole warms up her family—whether it's a white Christmas in West Virginia or not!

My husband and family (along with the girls at work) love this dish! We always have an egg casserole together at some point over the holidays. I first created it for a Christmas brunch, and since then I've added cream cheese to it and I've even tried it with green chilies to spice it up. We love sharing this dish, whether with my side of the family or my husband's. Even people who don't like spinach dig right in. —*Karen Weekley*

READY IN A TWINKLE

Get the party started way before the doorbell rings. **Prep these appetizers early, then freeze, chill or slow-cook.** This year, you're the host with the most free time.



EAT SMART

Belarus Pickled Carrots



My mom's holiday buffet always included these pickled carrots. I kept the tradition going, then passed the recipe along to my daughter. In our family, it isn't a party without this dish.

—LILY JULOW
LAWRENCEVILLE, GA Field editor

PREP: 15 MIN. + CHILLING
MAKES: 10 SERVINGS (¼ CUP EACH)

- **2 lbs. medium carrots, cut diagonally into ⅛-in. slices**
- **3 bay leaves**
- **2 tsp. caraway seeds**
- **2 cups water**
- **1 cup sugar**
- **1 cup cider vinegar**
- **2 Tbsp. kosher salt**

1. Place carrots and bay leaves in a large bowl. In a dry saucepan, toast caraway seeds over medium heat 1-2 minutes or until aromatic, stirring frequently. Stir in water, sugar, cider vinegar and salt. Bring to a boil; stir until sugar dissolves. Pour over carrots. Refrigerate, covered, overnight to allow flavors to blend.
2. Transfer mixture to covered jars. Refrigerate up to 1 month.

PER SERVING *38 cal., trace fat (trace sat. fat), 0 chol., 74 mg sodium, 9 g carb., 3 g fiber, 1 g pro.*

PASS THESE APPS AT YOUR WHITE ELEPHANT, COOKIE SWAP, SWEATER PARTY, ROUND ROBIN, CAROL SING-ALONG OR MERRY MOVIE MARATHON.

FREEZE IT

Dilled Mushroom Turnovers

My bite-size mushroom pastries are hard to resist. For parties, I prep and freeze them ahead, then pop them in the oven when guests are on the way.

—ISABELLA MICHEL-CLARK SPARKS, NV

PREP: 1 HOUR + CHILLING
BAKE: 15 MIN./BATCH
MAKES: ABOUT 5 DOZEN

- **1 cup butter, softened**
- **2 pkg. (8 oz. each) cream cheese, softened**
- **3 cups all-purpose flour**

FILLING

- **3 Tbsp. butter**
- **½ lb. fresh mushrooms, finely chopped**
- **1 large onion, finely chopped**
- **¼ cup sour cream**
- **2 Tbsp. all-purpose flour**
- **1 tsp. salt**
- **1 tsp. snipped fresh dill**
- **1 large egg, beaten**

1. In a bowl, cream butter and cream cheese until smooth. Gradually beat flour into creamed mixture. Divide dough in half. Shape each half into a disk; wrap in plastic wrap. Refrigerate 1 hour or until firm enough to handle.
2. Meanwhile, in a skillet, heat butter over medium heat. Add mushrooms and onion; cook and stir 6-8 minutes or until vegetables are tender. Remove from heat; stir in sour cream, flour, salt and dill. Cool.
3. Preheat oven to 400°. On a floured surface, roll dough to ⅛-in. thickness. Cut circles with a 2½-in. round cookie cutter. Place about 1 tsp. filling on one side of each circle. Brush edges with egg; fold dough over filling. Press edges with a fork to seal.
4. Place on ungreased baking sheets; brush with egg. Bake 12-14 minutes or until edges are golden brown.

TO MAKE AHEAD *Dough can be made up to 2 days in advance.*

FREEZE OPTION *Freeze unbaked turnovers on waxed paper-lined baking sheets until firm. Transfer to resealable freezer bags; return to freezer. Bake frozen turnovers as directed, increasing time by 3 minutes.*

PER APPETIZER *87 cal., 7 g fat (4 g sat. fat), 22 mg chol., 98 mg sodium, 6 g carb., trace fiber, 1 g pro.*

FREEZE IT

Broccoli-Cheddar Tassies

Our family adores broccoli casserole. I wanted to try it as an appetizer, so I used the crust from a tassie recipe.

—GAIL GAISER EWING, NJ

PREP: 45 MIN. + CHILLING
BAKE: 20 MIN./BATCH
MAKES: ABOUT 4 DOZEN

- **1 cup butter, softened**
- **6 oz. cream cheese, softened**
- **2 cups all-purpose flour**

FILLING

- **1 pkg. (16 oz.) frozen chopped broccoli**
- **1 large egg, lightly beaten**
- **1 can (10¾ oz.) condensed cream of celery soup, undiluted**
- **¼ cup 2% milk**
- **¼ mayonnaise**
- **½ cup shredded sharp cheddar cheese**

TOPPING

- **¼ cup dry bread crumbs**
- **1 Tbsp. butter, melted**

1. In a bowl, cream butter and cream cheese until smooth. Gradually beat in flour. Divide dough in half. Shape each into a disk; wrap in plastic wrap. Refrigerate 1 hour or until firm enough to handle.
2. Preheat oven to 350°. Shape dough into 1-in. balls; place in greased mini-muffin cups. Using floured fingers, press evenly onto bottoms and up sides of cups.
3. Cook broccoli according to package directions; drain. In a bowl, mix egg, soup, milk and mayonnaise; stir in cheese and cooked broccoli. Spoon about 1 Tbsp. filling into each cup. Mix bread crumbs and melted butter; sprinkle over filling.
4. Bake 18-22 minutes or until edges are golden. Cool in pans 2 minutes; remove to wire racks. Serve warm.

TO MAKE AHEAD *Dough can be made up to 2 days in advance.*

FREEZE OPTION *Freeze baked and cooled pastries on waxed paper-lined baking sheets until firm. Transfer to resealable freezer bags. To use, reheat frozen pastries on ungreased baking sheets in a preheated 350° oven for 14-16 minutes or until heated through.*

PER APPETIZER *92 cal., 7 g fat (4 g sat. fat), 21 mg chol., 101 mg sodium, 6 g carb., 1 g fiber, 2 g pro.*





SLOW COOKER

Slow Cooker Crab & Green Onion Dip

This creamy dip reminds me of my dad, who took us crabbing as kids. It was a lot of work to catch, clean and cook the crabs, but eating the fresh crabmeat was worth it.

—**NANCY ZIMMERMAN** CAPE MAY COURT HOUSE, NJ field editor

PREP: 10 MIN. • **COOK:** 3 HOURS • **MAKES:** 16 SERVINGS (¼ CUP EACH)

- **3 pkg. (8 oz. each) cream cheese, cubed**
- **2 cans (6 oz. each) lump crabmeat, drained**
- **4 green onions, chopped**
- **¼ cup 2% milk**
- **2 tsp. prepared horseradish**
- **2 tsp. Worcestershire sauce**
- **¼ tsp. salt**
- **Melba rounds**

In a greased 3-qt. slow cooker, combine cream cheese, crabmeat, green onions, milk, horseradish, Worcestershire sauce and salt. Cook, covered, on low 3-4 hours or until heated through, stirring occasionally. Serve with Melba rounds.

PER SERVING *167 cal., 15 g fat (8 g sat. fat), 68 mg chol., 324 mg sodium, 2 g carb., trace fiber, 7 g pro.*

Continued on page 48 ►

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FREEZE IT 5 INGREDIENTS

Cheese Crispies

For years I've taken my homemade crackers to work. They get high marks from everybody in the teachers lounge.

—EILEEN BALL CORNELIUS, NC

PREP: 15 MIN. + CHILLING
BAKE: 15 MIN./BATCH
MAKES: ABOUT 4½ DOZEN

- **1 cup unsalted butter, softened**
- **2½ cups (10 oz.) shredded extra-sharp cheddar cheese**
- **2 cups all-purpose flour**
- **¾ tsp. salt**
- **½ tsp. cayenne pepper**
- **2½ cups Rice Krispies**
- **Pecan halves, optional**

1. In a large bowl, beat butter and cheddar cheese until blended. In another bowl, whisk flour, salt and cayenne; gradually beat into cheese mixture. Stir in Rice Krispies. If necessary, turn onto a lightly floured surface and knead 4-6 times, forming a stiff dough.

2. Divide dough in half; shape each into a 7-in.-long roll. Wrap in plastic wrap; refrigerate 1 hour or overnight.

3. Preheat oven to 350°. Unwrap and cut dough crosswise into ¼-in. slices. Place 1 in. apart on ungreased baking sheets. If desired, top each slice with a pecan half. Bake 14-16 minutes or until the edges are golden brown. Remove crackers from pans to wire racks to cool.

TO MAKE AHEAD *Dough can be made up to 2 days in advance.*

FREEZE OPTION *Freeze wrapped logs in a resealable plastic freezer bag. To use, unwrap frozen logs and cut into slices. Bake as directed.*

PER CRACKER *(without pecan) 73 cal., 5 g fat (3 g sat. fat), 15 mg chol., 73 mg sodium, 5 g carb., trace fiber, 2 g pro.* ■



TOAST THE HOST

Cider, eggnog, cocoa and more make wintertime celebrations extra-bright. Get the recipes at tasteofhome.com/christmasdrinks

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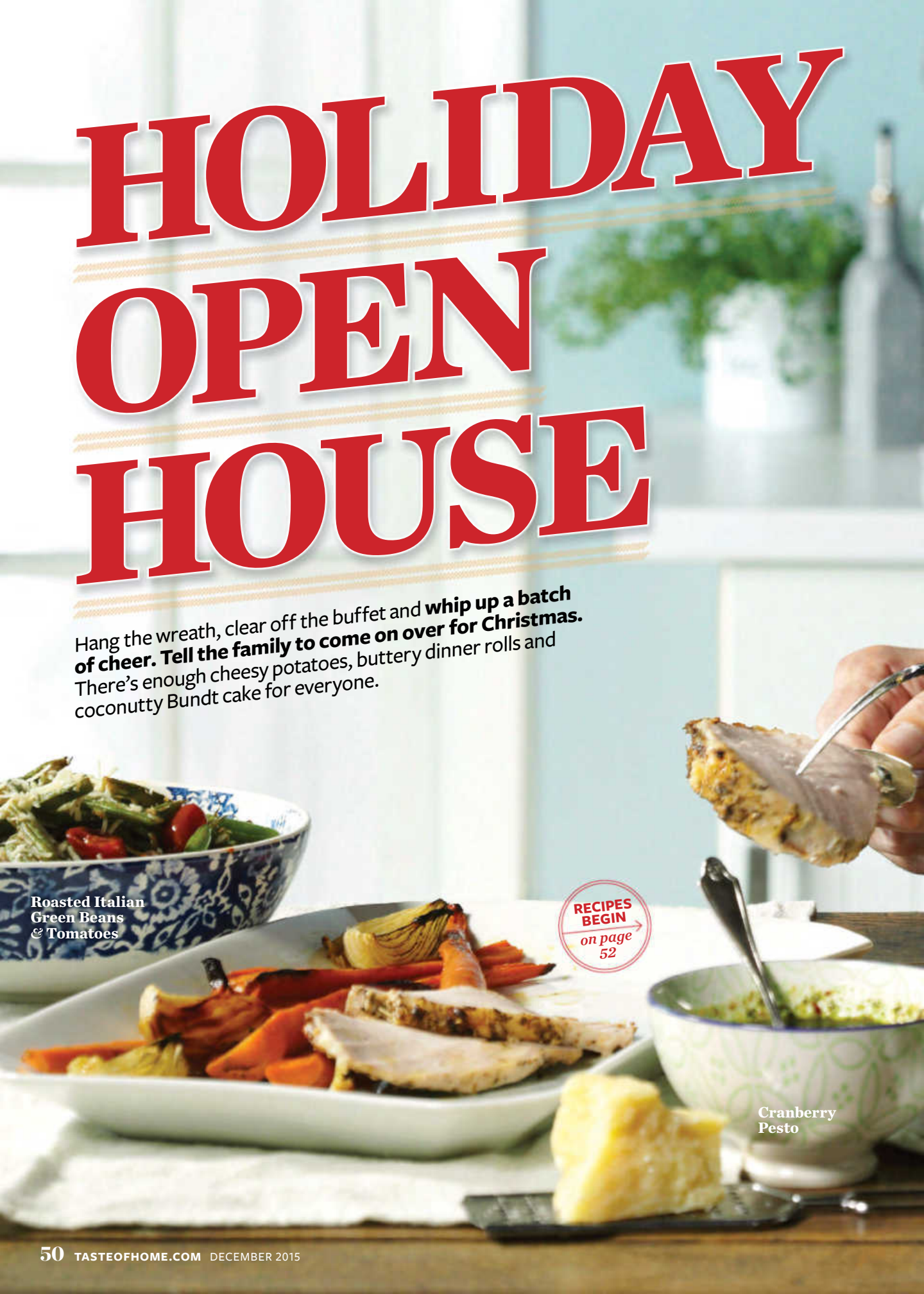
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HOLIDAY OPEN HOUSE

Hang the wreath, clear off the buffet and **whip up a batch of cheer. Tell the family to come on over for Christmas.** There's enough cheesy potatoes, buttery dinner rolls and coconutty Bundt cake for everyone.





FIND IT!
Hudson Marble Cheese Board *$50*
pier1.com

Italian Herb-Crusted Pork Loin

READERS DISH ON HOW FOOD & FAMILY MAKE THE SEASON BRIGHT.

EAT SMART

Italian Herb-Crusted Pork Loin

I like to change things up during the holidays by roasting pork loin with my favorite herbs and veggies. This dish is a showpiece that really dazzles my family.
—KIM PALMER KINGSTON, GA

PREP: 15 MIN. + CHILLING
BAKE: 50 MIN. + STANDING
MAKES: 8 SERVINGS

- **3 Tbsp. olive oil**
- **5 garlic cloves, minced**
- **1 tsp. each dried basil, thyme and rosemary, crushed**
- **1 tsp. salt**
- **½ tsp. Italian seasoning**
- **½ tsp. pepper**
- **1 boneless pork loin roast (3 to 4 lbs.)**
- **8 medium carrots, halved lengthwise**
- **2 medium onions, quartered**

1. In a small bowl, mix oil, garlic and seasonings; rub over roast. Arrange carrots and onions on the bottom of a 13x9-in. baking pan. Place roast over vegetables, fat side up. Refrigerate, covered, 1 hour.
2. Preheat oven to 475°. Roast pork loin 20 minutes.
3. Reduce oven setting to 425°. Roast 30-40 minutes longer or until a thermometer reads 145° and vegetables are tender. Remove roast from oven; tent with foil. Let stand 20 minutes before slicing.
PER SERVING *295 cal., 13 g fat (4 g sat. fat), 85 mg chol., 388 mg sodium, 9 g carb., 2 g fiber, 34 g pro.*
Diabetic Exchanges: *5 lean meat, 1 vegetable, 1 fat.*



5 INGREDIENTS FAST FIX

Cranberry Pesto

I updated a classic Italian pesto to include cranberries and walnuts. It's great slathered on pork loin, pasta or turkey sandwiches.
—AYSHA SCHURMAN AMMON, ID

START TO FINISH: 10 MIN.
MAKES: 1¼ CUPS

- **⅔ cup loosely packed basil leaves**
- **½ cup dried cranberries**
- **¼ cup chopped walnuts**
- **1 green onion, chopped**
- **3 garlic cloves, coarsely chopped**
- **½ tsp. pepper**
- **¼ tsp. salt**
- **⅔ cup olive oil**

Place the first seven ingredients in a food processor; pulse until coarsely chopped. Continue processing while gradually adding oil in a steady stream. Store in an airtight container in the refrigerator for up to 1 week.
PER (2-TBSP.) SERVING *168 cal., 16 g fat (2 g sat. fat), 0 chol., 60 mg sodium, 6 g carb., 1 g fiber, 1 g pro.*



LOVEY DOVEY

ROLL OUT Let your dough rise and shine, then roll. Keep your birds plump and pretty by making sure each dough rope is no longer than 10 in.

Dove Dinner Rolls

Fluffy dinner rolls shaped like doves are a sweet nod to the holidays.

—FRANCES WIRTZ WEST ALLIS, WI

PREP: 50 MIN. + RISING • **BAKE:** 10 MIN.
MAKES: 2 DOZEN

- **2 cups whole wheat pastry flour**
- **½ cup sugar**
- **3 pkg. (¼ oz. each) active dry yeast**
- **2 tsp. salt**
- **1 cup water**
- **1 cup 2% milk**
- **½ cup butter, cubed**
- **1 large egg**
- **4 to 4½ cups bread flour**

ASSEMBLY

- **48 dried currants**
- **24 slivered almonds**
- **1 large egg**
- **2 Tbsp. 2% milk**

1. In a large bowl, mix pastry flour, sugar, yeast and salt. In a small saucepan, heat water, milk and butter to 120°-130°. Add to dry ingredients; beat on medium speed for 1 minute. Add egg; beat on high speed for 2 minutes. Stir in enough bread flour to form a soft dough (dough will be sticky).

2. Turn dough onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and let rise in a warm place until doubled, about 45 minutes.

3. Punch down dough. Turn dough onto a lightly floured surface; divide and shape into 24 balls. Roll each ball into a 10-in. rope; tie into a loose knot. Bring one end up and tuck into center of roll to form the head of the dove. Flatten the opposite end; with a lightly greased sharp knife, cut four slits to form the tail feathers. Press two currants into head for eyes and one almond piece for the beak. Place 2 in. apart on greased baking sheets.

4. Cover rolls loosely with kitchen towels; let rise in a warm place until doubled in size, about 30 minutes. Preheat oven to 400°.

5. In a small bowl, whisk egg and milk. Gently brush egg mixture evenly over rolls.

6. Bake rolls 10-12 minutes or until golden brown. Remove from pans to wire racks; serve warm.

PER ROLL *177 cal., 5 g fat (3 g sat. fat), 27 mg chol., 239 mg sodium, 28 g carb., 2 g fiber, 5 g pro.*



HEAD START After tying dough in a loose knot, use the shorter end to form each dove's head.



SPRAY AND GO Coat your knife with nonstick cooking spray to keep it cutting tail feathers freely.



Brittany, *left*, and her niece, Lydia, share the love of cooking for the holidays.

My husband and I both grew up in Minnesota and still enjoy a white Christmas. When we visit up North, my father-in-law takes our picture in his winter-wonderland backyard Christmas morning, using props like his 1950s Radio Flyer sled. When we're home, I love cooking with my niece and nephew. ***I started cooking with my niece, Lydia, when she was 2 years old and standing on a kitchen chair to reach the counter.*** She was so excited the following Christmas to get her own personalized apron. For Christmas dinner, we have the usual turkey and sides, but I add at least one new recipe. I love roasting the veggies in this one—they taste most like themselves that way. —**BRITTANY ALLYN**

EAT SMART FAST FIX

Roasted Italian Green Beans & Tomatoes

When you roast green beans and tomatoes, their flavors really shine through. The vibrant colors light up our holiday table.

—BRITTANY ALLYN MESA, AZ field editor

START TO FINISH: 25 MIN.
MAKES: 8 SERVINGS

- **1½ lbs. fresh green beans, trimmed and halved**
- **1 Tbsp. olive oil**
- **1 tsp. Italian seasoning**
- **½ tsp. salt**
- **2 cups grape tomatoes, halved**
- **½ cup grated Parmesan cheese**

1. Preheat oven to 425°. Place green beans in a 15x10x1-in. baking pan coated with cooking spray. Mix olive oil, Italian seasoning and salt; drizzle over green beans. Toss to coat. Roast for 10 minutes, stirring halfway through.
2. Add grape tomatoes to pan. Roast 4-6 minutes longer or until green beans are crisp-tender and tomatoes are softened. Sprinkle with Parmesan cheese.

PER SERVING *70 cal., 3 g fat (1 g sat. fat), 4 mg chol., 231 mg sodium, 8 g carb., 3 g fiber, 4 g pro.*
Diabetic Exchanges: *1 vegetable, ½ fat.*

Quick & Easy au Gratin Potatoes

On Christmas night, a friend serves these creamy, cheesy potatoes when we gather to celebrate with lifelong friends and grown children.

—CAROL BLUE BARNESVILLE, PA

PREP: 10 MIN. • **BAKE:** 50 MIN.
MAKES: 12 SERVINGS (¾ CUP EACH)

- **2 cups (16 oz.) sour cream**
- **1 can (10¾ oz.) condensed cream of chicken soup, undiluted**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **1 pkg. (30 oz.) frozen shredded hash brown potatoes, thawed**
- **2 cups (8 oz.) shredded cheddar cheese**
- **1 small onion, chopped**
- **2 cups crushed cornflakes**
- **¼ cup butter, melted**

1. Preheat oven to 350°. In a large bowl, mix sour cream, condensed soup, salt and pepper; stir in potatoes, cheese and onion. Transfer to a greased 13x9-in. baking dish.
2. In a small bowl, mix crushed cornflakes and melted butter; sprinkle over potato mixture. Bake, uncovered, 50-60 minutes or until golden brown.

PER SERVING *394 cal., 22 g fat (14 g sat. fat), 70 mg chol., 680 mg sodium, 36 g carb., 2 g fiber, 11 g pro.*

EAT SMART

Spinach Salad with Raspberries & Candied Walnuts

I created a bright spinach salad with raspberries for Christmas dinner. Even those who turn up their noses at spinach change their minds at first bite.

—LORY AUCELLUZZO SIMI VALLEY, CA

PREP: 15 MIN. • **BAKE:** 25 MIN. + COOLING
MAKES: 8 SERVINGS

- **1 large egg white**
- **¾ tsp. vanilla extract**
- **2 cups walnut halves**
- **½ cup sugar**

DRESSING

- **¼ cup canola oil**
- **2 Tbsp. cider vinegar**
- **1 Tbsp. sugar**
- **1½ tsp. light corn syrup**
- **1 tsp. poppy seeds**
- **¼ tsp. salt**
- **¼ tsp. ground mustard**

SALAD

- **8 oz. fresh baby spinach (about 10 cups)**
- **1½ cups fresh raspberries**

1. Preheat oven to 300°. In a bowl, whisk egg white and vanilla until frothy. Stir in walnuts. Sprinkle with sugar; toss to coat. Spread in a greased 15x10x1-in. baking pan.
2. Bake 25-30 minutes or until lightly browned, stirring every 10 minutes. Spread on waxed paper to cool completely.
3. In a small bowl, whisk all dressing ingredients until blended. Place spinach in a large bowl. Drizzle with dressing; toss to coat. Sprinkle with raspberries and 1 cup candied walnuts (save remaining walnuts for another use).

PER SERVING *171 cal., 13 g fat (1 g sat. fat), 0 chol., 100 mg sodium, 12 g carb., 3 g fiber, 3 g pro.*
Diabetic Exchanges: *1½ fat, 1 starch, 1 vegetable.*



FIND IT!
Napa Serving Bowl
(*shown with salad*)
$40 **pier1.com**



FIND IT!
Le Panier Towel *$45 for 2*
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SWEETS TO CELEBRATE
It's time to put some new traditions on the table. We're talking extra-special cheesecakes, layered cakes, bars, cookies and, of course, pie. **Find the *Best Holiday Desserts*—through December only—wherever magazines are sold.**

Pina Colada Bundt Cake and more all gathered here!

Pina Colada Bundt Cake

We named this a "pina colada" cake because it has coconut, pineapple and rum. It's a soothing finish at the end of a big meal.

—DEBRA KEIL OWASSO, OK

PREP: 15 MIN. • **BAKE:** 45 MIN. + COOLING
MAKES: 12 SERVINGS

- **1 pkg. white cake mix (regular size)**
- **1 pkg. (3.4 oz.) instant coconut cream pudding mix**
- **1 cup canola oil**
- **¾ cup water**
- **2 large eggs**
- **¼ cup rum**
- **1 cup crushed pineapple, drained**

GLAZE

- **2 cups confectioners' sugar, divided**
- **2 Tbsp. unsweetened pineapple juice**
- **¼ cup cream of coconut**
- **1 Tbsp. rum**
- **¼ cup flaked coconut**

1. Preheat oven to 350°. Grease and flour a 10-in. fluted tube pan.

2. In a large bowl, combine cake mix, pudding mix, oil, water, eggs and rum; beat on low speed 30 seconds. Beat on medium 2 minutes. Stir in pineapple. Transfer batter to prepared pan. Bake 45-50 minutes or until a toothpick inserted in center comes out clean. Cool in pan 15 minutes before removing to a wire rack.

3. Meanwhile, in a small bowl, mix 1 cup confectioners' sugar and pineapple juice; brush over warm cake. Cool cake completely.

4. In another bowl, mix remaining confectioners' sugar, cream of coconut and rum; drizzle over cake. Sprinkle with coconut.

NOTES *This recipe was tested with Coco Lopez cream of coconut. Look for it in the liquor section. To remove cakes easily, use solid shortening to grease plain and fluted tube pans.*

PER SERVING *495 cal., 25 g fat (5 g sat. fat), 31 mg chol., 357 mg sodium, 64 g carb., 1 g fiber, 3 g pro.*

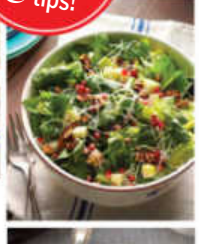
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Brine & Shine Give turkey plenty of time to brine for best flavor and ultimate juiciness. Your best bet: 45-60 minutes per pound.

Pomegranate Plan Cut a pom from pole to pole, then hold one half over a large bowl, cut side down. Whack with a wooden spoon, and the seeds will fall right out.

Sneak a Peek Bake in a clear glass pie plate to keep an eye on your pie crust to make sure it's browning nicely.

Continued on page 58 ►

DAISY ROASTED BUTTERNUT
SQUASH SOUP

© 2018 Daisy Brand





SIMPLE INGREDIENTS. SIMPLY PURE.

Blackberry Brandy Slush



Trisha, *front,* makes memories with (*from left*) her sister, Margot; mom, Jean; and dad, Vincent.

For Christmas, my mother always took me to see "The Nutcracker" ballet. We festooned the house from one end to the other with holiday decorations from all over the world—and we baked and baked and baked. ***Between hosting an open house, cookie exchanges and school get-togethers, the house was our own little Cookieland.*** My mom favored traditional English shortbread, my sister liked linzer cookies, I decorated holiday cutouts and my dad loved ginger cookies of all kinds. ***I've tinkered with the original ginger cookie recipe handed down from my grandma to my mom. Now it's my husband's favorite!*** The house smells divine when they're baking, and he can hardly wait for them to cool before snatching some. —**TRISHA KRUSE**



Triple Ginger Cookies



My dad loved ginger cookies. This is my take on the recipe my grandma handed down. I use fresh, crystallized and ground ginger for more pizzazz.

—TRISHA KRUSE EAGLE, ID field editor

PREP: 20 MIN. + CHILLING
BAKE: 15 MIN./BATCH + COOLING
MAKES: ABOUT 2½ DOZEN

- **½ cup butter, softened**
- **½ cup packed brown sugar**
- **1 large egg**
- **3 Tbsp. molasses**
- **½ tsp. grated fresh gingerroot**
- **2¼ cups all-purpose flour**
- **½ tsp. baking powder**
- **½ tsp. ground ginger**
- **¼ tsp. salt**
- **¼ tsp. baking soda**

ICING

- **½ cup confectioners' sugar**
- **2 to 3 tsp. water**
- **¼ cup finely chopped crystallized ginger**

1. Preheat oven to 350°. In a large bowl, cream butter and brown sugar until light and fluffy. Beat in egg, molasses and fresh ginger. In another bowl, whisk flour, baking powder, ground ginger, salt and baking soda; gradually beat into creamed mixture. Refrigerate, covered, 2 hours or until firm enough to handle.

2. Shape tablespoonfuls of dough into balls; place 1 in. apart on ungreased baking sheets. Flatten slightly with bottom of a glass. Bake 12-14 minutes or until set and edges begin to brown. Remove from pans to wire racks to cool completely.

3. For icing, in a small bowl, mix confectioners' sugar and enough water to reach desired consistency. Drizzle over cookies; sprinkle with crystallized ginger.

PER COOKIE *97 cal., 3 g fat (2 g sat. fat), 15 mg chol., 64 mg sodium, 16 g carb., trace fiber, 1 g pro.* ■

5 INGREDIENTS

Blackberry Brandy Slush

We wanted a fun twist on a slushy made with tea and fruit juice, so we used blackberry brandy. The deep red color makes it very merry.

—LINDSEY SPINLER SOBIESKI, WI

PREP: 10 MIN. + FREEZING
MAKES: 28 SERVINGS (1 CUP EACH)

- **8 cups water**
- **2 cups sugar**
- **3 cups blackberry brandy**
- **1 can (12 oz.) frozen lemonade concentrate, thawed**
- **1 can (12 oz.) frozen grape juice concentrate, thawed**
- **14 cups lemon-lime soda, chilled**

1. In a large bowl, stir water and sugar until sugar is dissolved. Stir in brandy and juice concentrates. Transfer to freezer containers; freeze overnight or up to 1 month.

2. To serve, place about ½ cup brandy mixture in each glass; top with ½ cup soda.

PER SERVING *235 cal., trace fat (trace sat. fat), 0 chol., 18 mg sodium, 51 g carb., trace fiber, trace pro.*

Merry Kitchen

It's your favorite holiday hangout. Make your kitchen **a Christmasy wonderland** with cheery pops of red and green.

setting the scene

Mix and match. Pull knickknacks, dishes, trinkets, tea towels—anything fun and festive—from around your home to decorate. It's OK if they don't all match! Pick complementary colors (like red and green), and embrace the mix of patterns and textures.

String up garland. Crocheted dishcloths and trivets add a sweet punch of Christmas kitsch. Use a few mini clothespins to attach them to string, then deck out windows.

Antique jadeite adds just the right touch of green (and shows off baked goods in the prettiest way).

A pot of fresh rosemary looks like a Christmas tree—and it makes for convenient snipping.

A brand-new blanket is a creative, cozy tablecloth.

1 2 3 Whimsy Salt and Pepper Shakers *$13*, Polka Dot Mixing Bowls (set of 3) *$106* and Cardinal Christmas Salt and Pepper Shakers *$13*, Tag 4 5 Joy Sign *$12*, and Threshold Plaid Chenille Throw *$35*, Target 6 North Pole Salad Plates *$12*, Kohl's 7 Teatowel in North Pole Print *$8*, Now Designs

BUY IT! Gift someone you love (or yourself) with these and more fun finds at **rdstore.com/tasteofhome.**

I didn't realize the pain could be treated.



Premarin®
(conjugated estrogens)
vaginal cream

Intercourse may hurt after menopause. Premarin Vaginal Cream can help.

Nobody really tells women that intercourse can be painful after menopause, due to low estrogen levels. The problem is unlikely to go away on its own. But there's something you can do. Ask your doctor about Premarin Vaginal Cream. It's a prescription cream that does what no over-the-counter product was designed to do. It provides estrogens, to help rebuild vaginal tissue. When used twice weekly, it can help make moderate to severe painful intercourse due to menopause more comfortable. And that's worth talking about.

Pay as little as $15 for your prescription.* Download your coupon at **PremarinVCSave.com**

IMPORTANT SAFETY INFORMATION:

Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using Premarin (conjugated estrogens) Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause.

Do not use estrogens, with or without progestins, to prevent heart disease, heart attacks, strokes or dementia (decline in brain function).

Using estrogen-alone may increase your chances of getting strokes or blood clots. Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots.

Using estrogens, with or without progestins, may increase your chance of getting dementia, based on a study of women 65 years of age or older.

Estrogens should be used at the lowest dose possible, only for as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment.

Premarin (conjugated estrogens) Vaginal Cream should not be used if you have unusual vaginal bleeding, have or had cancer, had a stroke or heart attack, have or had blood clots or liver problems, have a bleeding disorder, are allergic to any of its ingredients, or think you may be pregnant.

Estrogens increase the risk of gallbladder disease. Discontinue estrogen if loss of vision, pancreatitis, or liver problems occur. If you take thyroid medication, consult your healthcare provider, as use of estrogens may change the amount needed.

Common side effects include headache, pelvic pain, breast pain, vaginal bleeding and vaginitis.

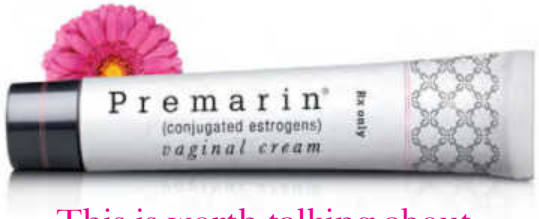
INDICATION

Premarin (conjugated estrogens) Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and to treat moderate to severe painful intercourse caused by these changes.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Important Product Information on the next page.

***Terms and conditions apply. Visit website for full offer details. Coupon will be accepted only at participating pharmacies. Coupon is not health insurance. No membership fees apply.** Eligible insured patients must pay the first $15 of the out-of-pocket expense. If the co-pay is more than $75, patient must cover the remaining expenses. Cash paying patients receive a maximum savings of $60. Limit one offer per calendar year. Attn: Premarin Vaginal Cream, 14001 Weston Parkway, Suite 103 Cary, NC 27513. 1-888-240-8471.



This is worth talking about.

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IMPORTANT FACTS

Premarin®
(conjugated estrogens)
vaginal cream
(prem-uh-rin)

ABOUT PREMARIN® VAGINAL CREAM

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones. PREMARIN Vaginal Cream is used to treat menopausal changes in and around the vagina and painful intercourse caused by these changes. You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone or estrogens with progestin to prevent heart disease, heart attacks, strokes or dementia (decline in brain function).
- Using estrogen-alone may increase your chances of getting strokes or blood clots.
- Using estrogen with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots.
- Using estrogen-alone or combined with progestin may increase your chance of getting dementia, based on a study of women age 65 years or older.
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

DO NOT START USING PREMARIN VAGINAL CREAM IF YOU:

- Have unusual vaginal bleeding
- Currently have or have had certain cancers

 Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- Had a stroke or heart attack
- Currently have or have had blood clots
- Currently have or have had liver problems
- Are allergic to PREMARIN Vaginal Cream or any of its ingredients
- Think you may be pregnant

Tell your healthcare provider:

- If you have any unusual vaginal bleeding
- About all your medical problems
- About all the medicines you take
- If you are going to have surgery or will be on bedrest
- If you are breast-feeding

POSSIBLE SIDE EFFECTS OF PREMARIN VAGINAL CREAM

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account. Serious, but less common side effects include:

- Heart attack • Stroke • Blood clots • Dementia • Breast cancer
- Cancer of the uterus • Ovarian cancer • High blood pressure
- High blood sugar • Gallbladder disease • Liver problems
- Enlargement of benign tumors • Severe allergic reaction

Call your healthcare provider right away if you get any of the following warning signs, or any other unusual symptoms that concern you:

- New breast lumps • Unusual vaginal bleeding
- Changes in speech or vision • Severe headaches
- Severe pains in your chest or legs with or without shortness of breath, weakness and fatigue • Swollen lips, tongue or face

Less serious, but common, side effects include:

- Headache • Breast pain • Irregular vaginal bleeding or spotting
- Stomach/abdominal cramps, bloating • Nausea and vomiting
- Hair loss • Fluid retention • Vaginal yeast infection • Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to Pfizer Inc at 1-800-438-1985 or to the FDA at 1-800-FDA-1088.

HOW TO USE PREMARIN VAGINAL CREAM

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you.
- You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream.

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. Gently squeeze tube from the bottom to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.
6. To cleanse: Pull plunger to remove it from barrel. Wash with mild soap and warm water. Do not boil or use hot water.

NEED MORE INFORMATION?

- This information does not replace talking to your healthcare provider about your menopausal symptoms and their treatment.
- Go to www.premarinvaginalcream.com
- Call **1-888-9-PREMARIN (1-888-977-3627).**

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This brief summary is based on Premarin Vaginal Cream Prescribing Information
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Contest

Winning recipes right from your own kitchens.

JOLLY GOOD DESSERTS

Give Santa a little sugar. With a blizzard of prizewinning cakes, bars, pies, and even blondies made with bacon, **these readers always save room for dessert.**



Creme de Menthe Squares

FIND IT!
BIA Cordon Bleu 9-in. Square Baker Horizontal in Red/White $22
available at major retail stores

win $500!

Bring the Merry

TURN THE PAGE TO ENTER YOUR CHEERIEST DISHES TO PASS.



Top Nog

Q&A: What inspires creations like your favorite drink turned dreamy dessert?

When I recently spoke about cooking at a community center, I told them: It's not so much about being a good cook as it is about using convenient ingredients and making something innovative with them. I love to find inspiration at restaurants. My son's always embarrassed when I ask to take home a copy of the menu, but he reaps the benefits!

Enter Our Merriest Potluck Contest and **Win $500**

Put your Santa hat on. It's time to make a list and check it twice for your garlicky cheese bread that's a little bit naughty and your coffee-rubbed roast that's a whole lot of nice. Spill how you sprinkle red-and-white candies on your chocolate peppermint cheesecake—and don't be shy about the ganache. Even Christmas hams need their little helpers, so share your most caramelized, buttery, salty-sweet veggie sides. If you've got a sleighful of potluck goodies made with **12 ingredients max,** send 'em!

SUBMIT YOUR MERRIEST POTLUCK RECIPES AT TASTEOFHOME.COM/RECIPECONTESTS

- Snacks & Apps
- Soups & Salads
- Merry Main Dishes
- Holiday Casseroles
- Sides to Bring

Enter today at tasteofhome.com/recipecontests. No purchase necessary to enter or win. Contest runs Oct. 16, 2015, to Jan. 15, 2016. Open to residents of the U.S. and Canada who are age 18 or older. Void where prohibited. For entry and other details including official rules, visit tasteofhome.com/recipecontests. Sponsored by RDA Enthusiast Brands, LLC. Winners announced in a future issue.



Send us a winner. We'll send you **money.**

SHARE **HOLIDAY APPETIZER, FALL CELEBRATION** AND **SLOW COOKER** RECIPES.
ENTER TASTE OF HOME COOKING SCHOOL'S **BEST RECIPE SPIN-OFF** CONTEST, TOO!

It's easy to enter at tasteofhome.com/recipecontests.

Eggnog Cream with Spiced Pecan Raisin Dunkers

ARLENE ERLBACH MORTON GROVE, IL

I have a thing for spiced eggnog and other desserts like s'mores, pudding and mousse. So I turned them all into one creamy dip with homemade dunkers.



Sour Cream & Cranberry Bars

SHELLY BEVINGTON HERMISTON, OR

Sour cream raisin pie is one of my favorites, so I twisted the best parts into a cookie bar with bright cranberries, crisp topping and a custard-style filling.



Salted Pecan Shortbread Squares

DIANA ASHCRAFT MONMOUTH, OR

My shortbread squares are the ultimate go-to for cookie trays and gift giving. The buttery caramel and toasted nuts make it tough to eat just one.



Rich Rum Cake

NANCY HEISHMAN LAS VEGAS, NV

We like a touch of rum for the holidays, and this orangey rum cake does the trick. It's decadent alone or with big swoops of whipped cream.



Sour Cream & Cranberry Bars

PREP: 35 MIN. • **BAKE:** 35 MIN. + COOLING
MAKES: 2 DOZEN

- 3 large egg yolks
- 1½ cups (12 oz.) sour cream
- 1 cup sugar
- 3 Tbsp. cornstarch
- ⅛ tsp. salt
- 1 cup dried cranberries
- 1 tsp. vanilla extract

CRUST

- 1 cup butter, softened
- 1 cup sugar
- 2 tsp. vanilla extract
- 1¾ cups all-purpose flour
- 1⅓ cups quick-cooking oats
- 1 tsp. salt
- 1 tsp. baking soda
- 1 cup flaked coconut

1. Preheat oven to 350°. In top of a double boiler or a metal bowl over simmering water, whisk the first five ingredients until blended; stir in cranberries. Cook and stir 15-20 minutes until mixture is thickened. Remove from heat; stir in vanilla.
2. In a large bowl, cream butter and sugar until light and fluffy. Beat in vanilla. In another bowl, whisk flour, oats, salt and baking soda; gradually beat into creamed mixture. Stir in coconut. Reserve half of the dough for topping. Press remaining onto bottom of a greased 13x9-in. baking dish. Bake 8-10 minutes or until set.
3. Spread sour cream mixture over crust; crumble reserved dough over top. Bake 25-30 minutes or until filling is set and top is golden brown. Cool in pan on a wire rack. Cut into bars.
PER BAR *260 cal., 13 g fat (8 g sat. fat), 53 mg chol., 241 mg sodium, 34 g carb., 1 g fiber, 3 g pro.*

TASTE OF HOME HOLIDAY DESSERTS CONTEST 2015

Eggnog Cream with Spiced Pecan Raisin Dunkers

PREP: 30 MIN. + CHILLING • **BAKE:** 10 MIN./BATCH
MAKES: 16 SERVINGS (¼ CUP CREAM WITH 3 DUNKERS EACH)

- 1 pkg. spice cake mix (regular size)
- ½ cup canola oil
- 2 large eggs
- 1 cup chopped pecans
- ¾ cup golden raisins

EGGNOG CREAM

- 1 pkg. (8 oz.) cream cheese, softened
- 2 jars (7 oz. each) marshmallow creme
- 1 tsp. rum extract
- ¾ tsp. ground nutmeg
- ¼ tsp. ground cinnamon
- 1 carton (8 oz.) frozen whipped topping, thawed
- Additional nutmeg

1. Preheat oven to 375°. In a large bowl, beat cake mix, oil and eggs until well blended. Stir in pecans and raisins.
2. Divide dough in half. On baking sheets, roll each portion between two sheets of parchment paper into a 12x8-in. rectangle. Refrigerate 30 minutes. Meanwhile, in a large bowl, beat cream cheese, marshmallow creme, extract, nutmeg and cinnamon until smooth; fold in whipped topping. Refrigerate, covered, until serving.
3. Remove top sheet of parchment paper from dough. Cut each dough rectangle in half lengthwise; cut crosswise into 1-in. strips. Transfer to parchment paper-lined baking sheets. (Refrigerate any remaining strips until ready to bake.) Bake 8-10 minutes or until edges are golden brown. Cool on pans 4 minutes. Remove to wire racks to cool.
4. Sprinkle eggnog cream with nutmeg; serve with dunkers.
PER SERVING *448 cal., 24 g fat (8 g sat. fat), 42 mg chol., 318 mg sodium, 54 g carb., 2 g fiber, 4 g pro.*

TASTE OF HOME HOLIDAY DESSERTS CONTEST 2015

Rich Rum Cake

PREP: 35 MIN. • **BAKE:** 25 MIN. + COOLING • **MAKES:** 12 SERVINGS

- 4 large eggs, separated
- 2½ cups confectioners' sugar
- ¾ cup orange juice
- ¼ cup butter
- ¾ cup rum
- 1 cup all-purpose flour
- 1 tsp. baking powder
- ½ tsp. ground cinnamon
- ¼ tsp. salt
- ¼ tsp. ground nutmeg
- ½ cup packed brown sugar, divided
- 1 tsp. vanilla extract
- ¾ cup butter, melted

1. Let egg whites stand at room temperature 30 minutes. In a saucepan, combine confectioners' sugar, juice and ¼ cup butter; cook and stir over medium-low heat until sugar is dissolved. Remove from heat; stir in rum. Reserve ¾ cup.
2. Preheat oven to 375°. Grease and flour a 10-in. tube pan. Sift together flour, baking powder, cinnamon, salt and nutmeg.
3. In a bowl, beat egg whites until soft peaks form. Add ¼ cup brown sugar, 1 Tbsp. at a time, beating after each addition until sugar is dissolved. Continue beating until stiff peaks form.
4. In a bowl, beat egg yolks until slightly thickened. Gradually add ¼ cup brown sugar and vanilla, beating until thick. Fold a fourth of the egg whites into batter. Alternately fold in flour mixture and remaining whites. Fold in melted butter.
5. Transfer to prepared pan. Bake on lowest oven rack 25-30 minutes or until top springs back when touched. Immediately poke holes in cake with a fork; slowly pour sauce over cake, allowing sauce to absorb into cake. Cool in pan on a wire rack. Invert onto a serving plate. Serve with reserved sauce.
PER SERVING *371 cal., 17 g fat (10 g sat. fat), 103 mg chol., 233 mg sodium, 44 g carb., trace fiber, 3 g pro.*

TASTE OF HOME HOLIDAY DESSERTS CONTEST 2015

Salted Pecan Shortbread Squares

PREP: 25 MIN. • **BAKE:** 25 MIN. + COOLING • **MAKES:** 4 DOZEN

- 1½ cups all-purpose flour
- 1 cup confectioners' sugar
- ½ cup cornstarch
- 1 tsp. sea salt
- 1 cup cold unsalted butter, cubed

FILLING

- ¾ cup unsalted butter
- 1½ cups packed brown sugar
- ½ cup dark corn syrup
- ½ tsp. sea salt
- ½ cup milk chocolate chips
- ¼ cup heavy cream
- 1 tsp. vanilla extract
- 4 cups coarsely chopped pecans, toasted

1. Preheat oven to 350°. Line two 13x9-in. baking pans with foil, letting ends extend up and over sides of pan.
2. Place flour, confectioners' sugar, cornstarch and salt in a food processor; pulse until blended. Add butter; pulse until butter is the size of peas. Divide mixture between prepared pans; press onto bottom of pans. Bake 10-12 minutes or until light brown. Cool on a wire rack.
3. For filling, melt butter in a large saucepan. Stir in brown sugar, corn syrup and salt; bring to a boil. Reduce heat to medium; stir until sugar is completely dissolved, about 3 minutes. Remove from heat; stir in chocolate chips, cream and vanilla until smooth. Stir in pecans. Spread over crusts.
4. Bake 12-15 minutes or until filling is bubbly. Cool completely in pans on wire racks. Using foil, lift bars out of pans. Cut into bars. Store in an airtight container.
TO TOAST NUTS *Bake in a shallow pan in a 350° oven for 5-10 minutes or until aromatic.*
PER BAR *201 cal., 14 g fat (5 g sat. fat), 20 mg chol., 70 mg sodium, 18 g carb., 1 g fiber, 1 g pro.*

TASTE OF HOME HOLIDAY DESSERTS CONTEST 2015

Cranberry Clementine Bars

LAURIE LUFKIN ESSEX, MA

I love a good lemon bar, but when the holidays roll around and clementines are everywhere, I like to make this tart and sweet twist on a classic dessert.



Cranberry-Kissed Chocolate Silk

CARMELL CHILDS FERRON, UT

Tangy berries complement the smooth, rich chocolate in this elegant dessert. If you like almonds as much as we do, substitute almond extract for the vanilla.



Holiday Fruit Pie

COURTNEY STULTZ COLUMBUS, KS field editor

My mom is an excellent pie maker, so I learned from the best. Give this tart pie's crust a little holiday glisten by sprinkling it with sugar before baking.



Buttery Coconut Bars

DENISE NYLAND PANAMA CITY, FL

My coconut bars are an American version of a Filipino coconut cake called *bibingka*. These are a crispier, sweeter take on the Christmas tradition I grew up with.



Cranberry-Kissed Chocolate Silk

PREP: 25 MIN. + CHILLING • **MAKES:** 6 SERVINGS

- **1 cup cranberry juice**
- **⅛ tsp. salt**
- **4 large eggs, beaten**
- **1 cup milk chocolate chips**
- **1 cup semisweet chocolate chips**
- **1 tsp. vanilla extract**
- **1 cup fresh or frozen cranberries, thawed**
- **⅓ cup sugar**
- **¾ cup sweetened whipped cream**
- **3 Tbsp. sliced almonds, toasted**

1. Place cranberry juice and salt in a small heavy saucepan; bring just to a boil. Remove from heat. In a small bowl, slowly whisk hot juice into eggs; return all to pan. Cook over low heat 2-3 minutes or until mixture thickens and a thermometer reads 170°, stirring constantly.
2. Place warm egg mixture, chocolate chips and vanilla in a blender; let stand 2 minutes. Cover and process until smooth. Pour into six dessert dishes. Refrigerate at least 4 hours, covering when completely cooled.
3. Place cranberries in a small food processor; pulse until finely chopped. Transfer to a small bowl; toss with sugar. Top each serving with cranberries, whipped cream and almonds.
TO TOAST NUTS *Bake in a shallow pan in a 350° oven for 5-10 minutes, or cook in a skillet over low heat until lightly browned, stirring occasionally.*
PER SERVING *473 cal., 27 g fat (15 g sat. fat), 151 mg chol., 129 mg sodium, 54 g carb., 4 g fiber, 9 g pro.*

Cranberry Clementine Bars

PREP: 25 MIN. • **BAKE:** 35 MIN. + COOLING • **MAKES:** 2 DOZEN

- **1½ cups all-purpose flour**
- **½ cup dried cranberries**
- **¼ cup confectioners' sugar**
- **½ tsp. salt**
- **1 cup cold butter, cubed**

FILLING

- **5 large eggs**
- **1¾ cups sugar**
- **3 Tbsp. cornstarch**
- **2 Tbsp. butter, melted**
- **1 to 2 Tbsp. grated clementine or orange peel**
- **⅓ cup clementine or orange juice**
- **1 tsp. vanilla extract**
- **½ tsp. salt**
- **Confectioners' sugar**

1. Preheat oven to 350°. Line a 13x9-in. baking pan with foil, letting ends extend up and over sides; grease foil.
2. Place flour, cranberries, confectioners' sugar and salt in a food processor; pulse until blended. Add butter; pulse until butter is the size of peas. Press onto bottom of prepared pan. Bake 14-18 minutes or until edges are golden brown.
3. In a large bowl, whisk eggs, sugar, cornstarch, melted butter, clementine peel, juice, vanilla and salt until blended. Pour over warm crust. Bake 18-22 minutes longer or until filling is set. Cool completely in pan on a wire rack.
4. Dust with confectioners' sugar. Lifting with foil, remove from pan. Cut into bars. Refrigerate leftovers.
PER BAR *195 cal., 10 g fat (6 g sat. fat), 62 mg chol., 182 mg sodium, 25 g carb., trace fiber, 2 g pro.*

Buttery Coconut Bars

PREP: 20 MIN. + COOLING • **BAKE:** 40 MIN. + COOLING
MAKES: 3 DOZEN

- **2 cups all-purpose flour**
- **1 cup packed brown sugar**
- **½ tsp. salt**
- **1 cup butter, melted**

FILLING

- **3 large eggs**
- **1 can (14 oz.) sweetened condensed milk**
- **½ cup all-purpose flour**
- **¼ cup packed brown sugar**
- **¼ cup butter, melted**
- **3 tsp. vanilla extract**
- **½ tsp. salt**
- **4 cups flaked coconut, divided**

1. Preheat oven to 350°. Line a 13x9-in. baking pan with parchment paper, letting ends extend up and over sides.
2. In a large bowl, mix flour, brown sugar and salt; stir in 1 cup melted butter. Press onto bottom of prepared pan. Bake 12-15 minutes or until light brown. Cool 10 minutes on a wire rack.
3. Reduce oven setting to 325°.
4. In a large bowl, whisk the first seven filling ingredients until blended; stir in 3 cups coconut. Pour over crust; sprinkle with remaining coconut. Bake 25-30 minutes or until light golden brown. Cool in pan on a wire rack. Lifting with parchment paper, remove from pan. Cut into bars.
PER BAR *211 cal., 12 g fat (8 g sat. fat), 36 mg chol., 166 mg sodium, 25 g carb., 1 g fiber, 3 g pro.*

Holiday Fruit Pie

PREP: 45 MIN. • **BAKE:** 45 MIN. + COOLING • **MAKES:** 8 SERVINGS

- **2 cups fresh or frozen cranberries, thawed**
- **½ cup water**
- **¼ cup honey**
- **1 cup crushed pineapple, drained**
- **¼ cup cornstarch**
- **1 tsp. ground cinnamon**
- **1 medium apple, peeled and thinly sliced**
- **Pastry for double-crust pie (9 in.)**

1. Preheat oven to 350°. In a small saucepan, combine cranberries, water and honey. Cook, uncovered, over medium heat until berries pop, about 15 minutes. Cool slightly.
2. In a large bowl, combine pineapple, cornstarch and cinnamon; stir in cranberry mixture and apple. On a lightly floured surface, roll one half of pastry dough to a ⅛-in.-thick circle; transfer to a 9-in. pie plate. Trim pastry even with outside edge of pie plate. Add filling.
3. Roll remaining dough to a ⅛-in.-thick circle. Place over filling. Trim, seal and flute edge. Cut slits in top.
4. Bake 45-55 minutes or until crust is golden brown and filling is bubbly. Cover pie loosely with foil during the last 30 minutes if needed to prevent overbrowning. Remove foil. Cool on a wire rack.
PASTRY FOR DOUBLE-CRUST PIE (9 IN.) *Combine 2½ cups all-purpose flour and ½ tsp. salt; cut in 1 cup cold butter until crumbly. Gradually add ⅓-⅔ cup ice water, tossing with a fork until dough holds together when pressed. Divide dough in half. Shape each into a disk; wrap in plastic wrap. Refrigerate 1 hour or overnight.*
PER SERVING *430 cal., 23 g fat (14 g sat. fat), 60 mg chol., 311 mg sodium, 53 g carb., 3 g fiber, 5 g pro.*

Coconut Eggnog Pie

FAY MORELAND WICHITA FALLS, TX

This easy recipe became a family favorite by happy accident. I was trying to use up extra eggnog and coconut from other holiday baking—it turns out they are so good together.



Bacon Chocolate Chip Cheesecake Blondies

KATIE O'KEEFFE DERRY, NH

If you're a sweet and savory fan like me, you'll go wild over these. You just can't beat a cookie, brownie and cheesecake all mixed up and sprinkled with bacon.



Roasted Banana & Pecan Cheesecake

PATRICIA HARMON BADEN, PA

We keep bananas on hand, but with just two of us in the house, they ripen faster than we can eat them. That makes them perfect for roasting and baking into this extra-creamy cheesecake with a nutty crust.



Creme de Menthe Squares

MARILYN BLANKSCHIEN CLINTONVILLE, WI

This layered bar hits all the sweet spots: It's airy, creamy, crunchy and the perfect mix of cool mint and rich chocolate. It has a vintage dessert appeal that no one in our family can resist.



Bacon Chocolate Chip Cheesecake Blondies

PREP: 30 MIN. • **BAKE:** 45 MIN. + CHILLING
MAKES: 16 SERVINGS

- 8 bacon strips, cooked and crumbled
- 1 cup butter, softened
- ¾ cup sugar
- ¾ cup packed brown sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 2¼ cups all-purpose flour
- 1 tsp. salt
- 1 tsp. baking soda
- 2 cups (12 oz.) semisweet chocolate chips

CHEESECAKE LAYER

- 2 pkg. (8 oz. each) cream cheese, softened
- 1 cup sugar
- 2 large eggs, beaten
- ¾ cup 2% milk
- 2 tsp. vanilla extract

1. Preheat oven to 375°. Line a 9-in. square baking pan with foil, letting ends extend up and over sides; grease foil.
2. Reserve ¼ cup crumbled bacon for top. In a bowl, cream butter and sugars until light and fluffy. Beat in eggs and vanilla. In another bowl, whisk flour, salt and baking soda; gradually beat into creamed mixture. Stir in chocolate chips and remaining bacon. Press half of dough onto bottom of pan.
3. In a bowl, beat cream cheese and sugar until smooth. Add eggs, milk and vanilla; beat on low speed just until blended. Pour over dough; drop remaining dough by tablespoonfuls over cheesecake layer. Sprinkle with reserved bacon.
4. Bake 45-50 minutes or until golden brown. Cool in pan on a wire rack. Refrigerate at least 4 hours before cutting. Lifting with foil, remove from pan. Cut into bars.
PER SERVING *534 cal., 31 g fat (18 g sat. fat), 113 mg chol., 523 mg sodium, 61 g carb., 2 g fiber, 8 g pro.*

TASTE OF HOME HOLIDAY DESSERTS CONTEST 2015

Coconut Eggnog Pie

PREP: 10 MIN. • **BAKE:** 55 MIN. + COOLING
MAKES: 10 SERVINGS

- 2 large eggs
- 1¼ cups packed brown sugar
- ¾ cup eggnog
- ½ cup butter, melted
- 2 Tbsp. all-purpose flour
- 1 tsp. ground cinnamon
- Dash salt
- 2½ cups flaked coconut, divided
- 1 extra-servings graham cracker crust (9 oz.)
- ¼ cup chopped walnuts or pecans

1. Preheat oven to 425°. In a large bowl, beat the first seven ingredients until blended; stir in 2 cups coconut. Pour into crust; sprinkle with walnuts and remaining coconut. Bake on a lower oven rack 10 minutes.
2. Reduce oven setting to 325°. Cover top loosely with foil. Bake 45-50 minutes longer or until filling is set. Cool on a wire rack. Refrigerate leftovers.
TO PREPARE A HOMEMADE GRAHAM CRACKER CRUST
Mix 1½ cups graham cracker crumbs and ¼ cup sugar; stir in ⅓ cup melted butter. Press onto bottom and up sides of a greased 9-in. pie plate. Refrigerate 30 minutes.
PER SERVING *485 cal., 27 g fat (15 g sat. fat), 73 mg chol., 327 mg sodium, 58 g carb., 2 g fiber, 5 g pro.*

TASTE OF HOME HOLIDAY DESSERTS CONTEST 2015

Creme de Menthe Squares

PREP: 30 MIN. + CHILLING • **MAKES:** 9 SERVINGS

- 1¼ cups finely crushed Oreo cookies (about 14 cookies)
- 2 Tbsp. butter, melted
- 1 tsp. unflavored gelatin
- 1¾ cups cold 2% milk, divided
- 20 large marshmallows
- 3 Tbsp. green creme de menthe
- 3 oz. cream cheese, softened
- 1 pkg. (3.9 oz.) instant chocolate pudding mix
- 1 cup heavy whipping cream

1. In a bowl, mix crushed cookies and melted butter. Reserve 3 Tbsp. for topping. Press remaining mixture on bottom of a greased 8-in. square baking dish. Refrigerate 30 minutes.
2. In a large microwave-safe bowl, sprinkle gelatin over ½ cup cold milk; let stand 1 minute. Microwave on high for 30-40 seconds. Stir until gelatin is completely dissolved. Add marshmallows; cook 1-2 minutes longer or until the marshmallows are puffed; stir until smooth. Stir in creme de menthe. Refrigerate 15-20 minutes or until cold but not set, stirring often.
3. Meanwhile, in a small bowl, beat cream cheese until smooth. In another bowl, whisk pudding mix and remaining cold milk. Gradually beat into cream cheese.
4. In a large bowl, beat cream until soft peaks form; fold into the marshmallow mixture. Spoon half of the mixture over prepared crust; refrigerate 10 minutes. Layer with pudding mixture and remaining marshmallow mixture; top with reserved crumbs. Refrigerate 2 hours or until set.
PER SERVING *371 cal., 21 g fat (11 g sat. fat), 58 mg chol., 232 mg sodium, 43 g carb., 1 g fiber, 4 g pro.*

TASTE OF HOME HOLIDAY DESSERTS CONTEST 2015

Roasted Banana & Pecan Cheesecake

PREP: 45 MIN. • **BAKE:** 45 MIN. • **MAKES:** 12 SERVINGS

- 3 medium ripe bananas, unpeeled
- 1¾ cups crushed pecan shortbread cookies
- 3 Tbsp. butter, melted

FILLING

- 2 pkg. (8 oz. each) cream cheese, softened
- 1 pkg. (8 oz.) reduced-fat cream cheese
- ½ cup sugar
- ¼ cup plus 2 Tbsp. packed brown sugar, divided
- 1 tsp. vanilla extract
- 2 Tbsp. spiced rum, optional
- 4 large eggs, beaten
- ½ cup chopped pecans
- ½ tsp. ground cinnamon
- 12 pecan halves, toasted

1. Preheat oven to 400°. Place unpeeled bananas in an 8-in. square baking dish. Bake 10-12 minutes or until peels are black. Cool to room temperature. Reduce oven to 325°.
2. Place a greased 9-in. springform pan on a double thickness of foil. Wrap foil securely around pan. Place on a baking sheet.
3. Mix crumbs and butter. Press on bottom and 1 in. up sides of pan. Bake 8 minutes. Beat together cheeses, sugar, ¼ cup brown sugar, vanilla and, if desired, rum. Add eggs; beat until blended. Reserve ½ cup cheese mixture; pour remaining into crust.
4. Puree peeled bananas; add to reserved cheese mixture. Stir in chopped pecans, cinnamon and remaining sugar. Pour over plain mixture. Cut through with a knife to swirl.
5. Place springform in a larger baking pan; add 1 in. of hot water to larger pan. Bake 45 minutes or until center is set. Remove pan from water bath. Cool 10 minutes. Loosen sides with a knife. Cool 1 hour; refrigerate. Top with pecan halves.
PER SERVING *430 cal., 30 g fat (14 g sat. fat), 126 mg chol., 308 mg sodium, 33 g carb., 2 g fiber, 8 g pro.*

TASTE OF HOME HOLIDAY DESSERTS CONTEST 2015

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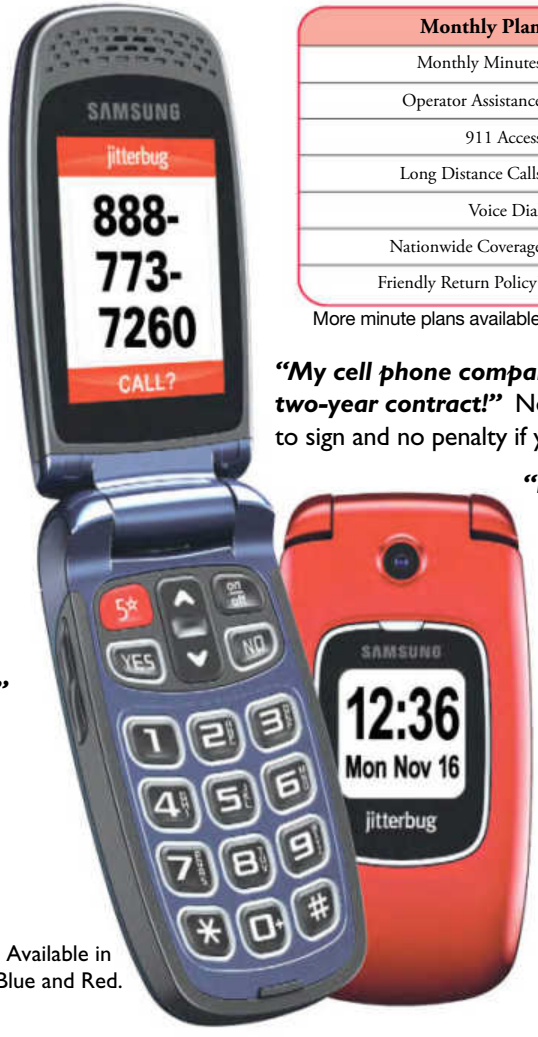
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- 400 gr. organic farm cheese
- 1 egg
- 2 drops of Liquid Stevia Vanilla Crème Sweet Drops™
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- 3 tablespoons dried cranberries
- 2 tablespoons SugarLeaf®

For sauce:

- 1 cup sour cream
- 1 teaspoon Liquid Stevia Vanilla Crème Sweet Drops



DIRECTIONS:

Combine white cheese, egg, Liquid Stevia Vanilla Crème Sweet Drops, flour, dried cranberries, and SugarLeaf in mixer. Mix for two minutes at a medium speed. Then roll mixture into bite-sized balls in your palm, about the size of a ping pong ball. Chill in the refrigerator for an hour, coat in all purpose flour. Deep fry at 350°F for two minutes.

For sauce:
Whisk together sour cream and Liquid Stevia Vanilla Crème Sweet Drops. If you want to sweeten the sauce more, you can add 1/2 teaspoon of SugarLeaf.

Recipe and photo courtesy of Chef Dmitry Rodov, Duet Restaurant and Bar, New York, NY

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Close to Home

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Insalata Caprese

White Seafood Lasagna

SEE RECIPES pages 74 & 76

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FAMILY DINNER

Christmas Eve Lasagna

Seafood lasagna often appears at this South Carolina **grandpa's holiday dinners.** Everyone gathers after church, and **the whole *famiglia* helps in the kitchen.**

RECIPES & STORY BY **JOE COLAMONICO** NORTH CHARLESTON, SC

White Seafood Lasagna

Our Italian-American family makes this lasagna rich with shrimp, crab and scallops as part of the traditional Feast of the Seven Fishes.

PREP: 1 HOUR • **BAKE:** 40 MIN. + STANDING
MAKES: 12 SERVINGS

- **9 uncooked lasagna noodles**
- **1 Tbsp. butter**
- **1 lb. uncooked shrimp (31-40 per lb.), peeled and deveined**
- **1 lb. bay scallops**
- **5 garlic cloves, minced**
- **¼ cup white wine**
- **1 Tbsp. lemon juice**
- **1 lb. fresh crabmeat**

CHEESE SAUCE

- **¼ cup butter**
- **¼ cup all-purpose flour**
- **3 cups 2% milk**
- **1 cup (4 oz.) shredded part-skim mozzarella cheese**
- **½ cup grated Parmesan cheese**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **Dash ground nutmeg**

RICOTTA MIXTURE

- **1 carton (15 oz.) part-skim ricotta cheese**
- **1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry**
- **1 cup (4 oz.) shredded part-skim mozzarella cheese**
- **½ cup grated Parmesan cheese**
- **½ cup seasoned bread crumbs**
- **1 large egg, lightly beaten**

TOPPING

- **1 cup (4 oz.) shredded part-skim mozzarella cheese**
- **¼ cup grated Parmesan cheese**

1. Preheat oven to 350°. Cook lasagna noodles according to package directions; drain.
2. Meanwhile, in a large skillet, heat butter over medium heat. Add shrimp and scallops in batches; cook 2-4 minutes or until shrimp turn pink and scallops are firm and opaque. Remove from pan.
3. Add garlic to same pan; cook 1 minute. Add wine and lemon juice, stirring to loosen browned bits from pan. Bring to a boil; cook 1-2 minutes or until liquid is reduced by half. Add crab; heat through. Remove from heat; stir in shrimp and scallops.
4. For cheese sauce, melt butter over medium heat in a large saucepan. Whisk in the flour until smooth; gradually whisk in milk. Bring to a boil, whisking constantly; cook and stir 1-2 minutes or until thickened. Remove from heat; stir in remaining cheese sauce ingredients. In a bowl, combine ricotta mixture ingredients; stir in 1 cup cheese sauce.
5. Spread ½ cup cheese sauce into a greased 13x9-in. baking dish. Layer with three noodles, half of the ricotta mixture, half of the seafood mixture and ⅔ cup cheese sauce. Repeat layers. Top with remaining noodles and cheese sauce. Sprinkle with remaining mozzarella cheese and Parmesan cheese.
6. Bake, uncovered, 40-50 minutes or until bubbly and the top is golden brown. Let lasagna stand 10 minutes before serving.

PER SERVING *448 cal., 19 g fat (11 g sat. fat), 158 mg chol., 957 mg sodium, 29 g carb., 2 g fiber, 39 g pro.*



Continued on page 76 ►



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Insalata Caprese

If your grocer doesn't have pearls, cut any size fresh mozzarella balls into half-inch pieces.

5 INGREDIENTS FAST FIX

Insalata Caprese

The tomatoes, mozzarella and basil in classic Caprese salad match the colors of the Italian flag. I kick mine up with olives, oregano and balsamic vinegar.

START TO FINISH: 25 MIN.
MAKES: 8 SERVINGS

- **2½ lbs. plum tomatoes (about 10), cut into 1-in. pieces**
- **1 carton (8 oz.) fresh mozzarella cheese pearls**
- **½ cup pitted ripe olives**
- **3 Tbsp. olive oil**
- **¼ cup thinly sliced fresh basil**
- **2 tsp. minced fresh oregano**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **Balsamic vinegar, optional**

In a large bowl, mix the tomatoes, mozzarella cheese pearls and olives. Drizzle with olive oil; sprinkle with basil, oregano, salt and pepper, and toss to coat. Let stand 10 minutes before serving. If desired, drizzle with balsamic vinegar.

PER SERVING *160 cal., 12 g fat (5 g sat. fat), 22 mg chol., 257 mg sodium, 7 g carb., 2 g fiber, 6 g pro.* ■

An Italian Classic

My Christmas Eve seafood lasagna came from my maternal grandmother, Maria DiMarzio, who hailed from Bari, Italy. My extended family all love it, so it's often on the table for Sunday dinner celebrations, prepared with the super-fresh seafood available in my coastal town. And the family always shares this dish for the Feast of the Seven Fishes, the traditional Italian Christmas Eve dinner.

Family members gather here after church, changing into comfy clothes that they don't mind cooking in. (When a bunch of Italians get together, the food will fly.) My two daughters bring their children. Jacob, Joey and Sidnie help in the kitchen, just as I "helped" my grandma, stirring in ingredients and serving at the table.





The Feast of the Seven Fishes is a big annual event for Joe's family. They even make the pasta from scratch.

This special dinner starts early, around 4 o'clock. First my Italian dinner rolls: yeast dough spread with garlic butter, then rolled and sliced like cinnamon rolls. You tear off a piece to dunk in marinara. Then lasagna and salad are on. Dessert's simple: ice cream with fruit and chocolate sauce.

We have a full house and celebrate with as many family members as possible—that's the Italian way!

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Taste Tested by Taste of Home



Cherry Mash Bars

This recipe has been a family favorite for years and is in the family cookbook. It reminds me of the holidays and adds a festive look to the cookie plate.

– Ronda Scripter, Physicians Mutual® Employee, Omaha, NE

2 cups sugar
½ cup plus 2 tablespoons butter, divided
1 can (5 ounces) evaporated milk
12 large marshmallows
Dash salt
1 package (10 ounces) cherry baking chips
1 teaspoon vanilla extract
1⅔ cups semisweet chocolate chips
¾ cup creamy peanut butter
1 cup chopped salted peanuts

Line a 13x9-in. pan with foil; grease foil. In a large saucepan, combine sugar, ½ cup butter, milk, marshmallows and salt. Bring to a boil; cook and stir 5 minutes. Remove from heat. Stir in chips and vanilla extract until smooth. Spread into prepared pan. Let stand until set, about 20 minutes. In a large microwave-safe bowl, melt chocolate chips and remaining butter; stir until smooth. Stir in peanut butter and peanuts. Spread over cherry layer. Let stand until set. Using foil, lift fudge out of pan. Remove foil; cut into 1-in. squares. Store between layers of waxed paper in an airtight container.

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A Meat Loaf Story

A fun-loving Ohio mom gives her family's three-generation recipe a Tinseltown mashed-potato twist inspired by her favorite holiday movie. **You'll eat your heart out, kid.**

RECIPES & STORY BY **CHRISTINA ADDISON** BLANCHESTER, OH field editor



Orange Spice Carrots

A Christmas Story Meat Loaf

SEE RECIPES page 80



Christina Addison

I grew up watching A Christmas Story *on Christmas Day after we opened presents, and now it's a tradition I've carried on with my family.* I love making holiday-themed dishes, so I thought it was fitting to create a meat loaf recipe in honor of the movie. I started with the meat loaf recipe my mother learned from her mom, then gave it my own twist based on the dinner the Parker family sits down to in the film.

With our 3-year-old, we're going through a picky-eating stage. Sometimes he reminds me of Ralphie's brother in the movie—there's no licking the plate, but when he really likes a meal he manages to shovel in loads of food.

My son even recites the movie's famous quote, "You'll shoot your eye out, kid." He's starting to ask for a Red Ryder BB gun and I respond with that line, since he's only 3. I definitely appreciate the meat loaf scene, as the mom has to think creatively to get smiles around the table and food in her kids' bellies—not to mention eat a little dinner herself.

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"Meat loaf is my husband's favorite meal, and it's easy to make while wrangling two children."

—CHRISTINA ADDISON
field editor

A Christmas Story Meat Loaf

I've watched the film *A Christmas Story* so many times since I was a kid. Now I have a family of my own, so I re-created the mom's meat loaf and mashed potatoes to share with them.

PREP: 15 MIN. • **BAKE:** 50 MIN. + STANDING
MAKES: 6 SERVINGS

- **2 large eggs, lightly beaten**
- **½ cup ketchup**
- **1 medium onion, finely chopped**
- **1 small green or sweet red pepper, finely chopped**
- **⅔ cup crushed saltines (about 12)**
- **1 tsp. pepper**
- **½ tsp. salt**
- **1½ lbs. ground beef**
- **4 cups hot mashed potatoes**
- **1 Tbsp. minced fresh parsley**

1. Preheat oven to 375°. Place a rack in a 15x10x1-in. baking pan; place a 12x8-in. piece of foil in center of rack. In a large bowl, combine the eggs, ketchup, onion, green pepper, crushed saltines, pepper and salt. Add beef; mix lightly but thoroughly. Place over foil rectangle and shape into a 9x6-in. loaf. Bake 50-60 minutes or until a thermometer reads 160°. Let stand 10 minutes before slicing.

2. Transfer meat loaf to a serving plate, discarding foil. Pipe or spread 1 cup mashed potatoes over meat loaf. Sprinkle with parsley. Serve with remaining mashed potatoes.

PER SERVING *436 cal., 20 g fat (7 g sat. fat), 132 mg chol., 1105 mg sodium, 37 g carb., 3 g fiber, 26 g pro.*



Easy Cheesy Biscuits

FAST FIX

Easy Cheesy Biscuits

I'm a big fan of homemade biscuits but not the rolling and cutting that goes with them. The drop biscuit method solves everything. These are crunchy on the outside, cheesy and tender on the inside.

START TO FINISH: 30 MIN.
MAKES: 1 DOZEN

- **3 cups all-purpose flour**
- **3 tsp. baking powder**
- **1 Tbsp. sugar**
- **1 tsp. salt**
- **¾ tsp. cream of tartar**
- **½ cup cold butter**
- **1 cup (4 oz.) shredded sharp cheddar cheese**
- **1 garlic clove, minced**
- **¼ to ½ tsp. crushed red pepper flakes**
- **1¼ cups 2% milk**

1. Preheat oven to 450°. In a large bowl, whisk flour, baking powder, sugar, salt and cream of tartar. Cut in butter until mixture resembles coarse crumbs. Stir in cheese, garlic and pepper flakes. Add milk; stir just until moistened.

2. Drop dough by heaping ¼ cupfuls 2 in. apart onto a greased baking sheet. Bake 18-20 minutes or until golden brown. Serve warm.

PER BISCUIT *237 cal., 12 g fat (7 g sat. fat), 32 mg chol., 429 mg sodium, 26 g carb., 1 g fiber, 7 g pro.*

SLOW COOKER

Orange Spice Carrots

These carrots with cinnamon and orange won over my picky-eater son.

PREP: 10 MIN. • **COOK:** 4 HOURS
MAKES: 6 SERVINGS

- **2 lbs. medium carrots or baby carrots, cut into 1-in. pieces**
- **½ cup packed brown sugar**
- **½ cup orange juice**
- **2 Tbsp. butter**
- **¾ tsp. ground cinnamon**
- **½ tsp. salt**
- **¼ tsp. ground nutmeg**
- **4 tsp. cornstarch**
- **¼ cup cold water**

1. In a 3-qt. slow cooker, combine the first seven ingredients. Cook, covered, on low 4-5 hours or until carrots are tender.

2. In a small bowl, mix cornstarch and water until smooth; gradually stir into carrot mixture until sauce is thickened.

PER SERVING *187 cal., 4 g fat (3 g sat. fat), 10 mg chol., 339 mg sodium, 38 g carb., 4 g fiber, 2 g pro.* ■



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Serving at Sea

Of all the dishes this Oregon chef whips up **for his shipmates, a treasured family recipe** is the one they—and he—love best.



When Petty Officer 1st Class Matt Shaw left his restaurant-chef career for a post in the United States Coast Guard, he soon learned that his cooking talent offered so much more than just a good meal. "Food service in the military means cooking to boost morale and ease the strain of being far from home," says Matt, who's stationed on the *USCGC Steadfast*, a law-enforcement vessel out of Warrenton, Oregon. "I serve the crew like family, creating nutritious meals and a comfortable atmosphere, trying to make a difference in their day."

He makes that family atmosphere even more special during the holidays by sharing one of his favorite traditions: a twist on his mom's toffee brownie bars, which have been a classic on every Christmas cookie tray since his childhood. The first time Matt served his brownies to his shipmates, they raved. So now the treats have become a staple on the crew's menu, making it feel like Christmas year-round and helping the ship to feel just a little bit more like home.



Pistachio Brownie Toffee Bars

These coveted brownie bars are homey and chocolaty awesome. They've been a sought-after staple on our family's Christmas cookie trays for years.
—MATT SHAW WARRENTON, OR

PREP: 20 MIN. • **BAKE:** 30 MIN. + COOLING
MAKES: 3 DOZEN

- **¾ cup butter, softened**
- **¾ cup packed brown sugar**
- **1 large egg yolk**
- **¾ tsp. vanilla extract**
- **1½ cups all-purpose flour**

FILLING

- **1 pkg. fudge brownie mix (13x9-in. pan size)**
- **⅓ cup water**
- **⅓ cup canola oil**
- **1 large egg**

TOPPING

- **1 pkg. (11½ oz.) milk chocolate chips, melted**
- **¾ cup finely chopped salted roasted pistachios**

1. Preheat oven to 350°. In a large bowl, cream butter and brown sugar until light and fluffy. Beat in egg yolk and vanilla; gradually add flour to creamed mixture, mixing well.
2. Press dough onto bottom of a greased 15x10x1-in. baking pan. Bake 12-14 minutes or until golden brown. Meanwhile, in a large bowl, combine brownie mix, water, canola oil and egg until blended.
3. Spread brownie batter over hot crust. Bake 14-16 minutes longer or until center is set. Cool completely in pan on a wire rack.
4. Spread melted chocolate over bars; sprinkle with pistachios. Let stand until set. Cut into bars.

PER BAR *219 cal., 12 g fat (5 g sat. fat), 23 mg chol., 112 mg sodium, 27 g carb., 1 g fiber, 3 g pro.* ■

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Pigs in a Blanket

Go ahead and watch these pigs fly—off the table, that is. Three Field Editors reveal **their own take on the coziest of cocktail apps.**

5 INGREDIENTS

Grandmother's Toad in a Hole



I have fond memories of my grandmother's Yorkshire pudding wrapped around sausages. Now I make this puffy dish for my kids, who have nicknamed it "The Boat."

—SUSAN KIEBOAM
STREETSBORO, OH field editor

PREP: 10 MIN. + STANDING • **BAKE:** 25 MIN.
MAKES: 6 SERVINGS

- **3 large eggs**
- **1 cup 2% milk**
- **½ tsp. salt**
- **1 cup all-purpose flour**
- **1 pkg. (12 oz.) uncooked maple breakfast sausage links**
- **3 Tbsp. olive oil**
- **Butter and maple syrup, optional**

1. Preheat oven to 400°. In a small bowl, whisk eggs, milk and salt. Whisk flour into egg mixture until blended. Let stand 30 minutes. Meanwhile, cook sausage according to package directions; cut each sausage into three pieces.

2. Place oil in a 12-in. nonstick ovenproof skillet. Place in oven 3-4 minutes or until hot. Stir batter and pour into prepared skillet; top with sausage. Bake 20-25 minutes or until golden brown and puffed. Remove from skillet; cut into wedges.

PER SERVING *336 cal., 22 g fat (6 g sat. fat), 126 mg chol., 783 mg sodium, 20 g carb., 1 g fiber, 14 g pro.*



Pigs in a Poncho

Pigs in a Poncho



For pigs in a blanket Mexican style, we add refried beans and green chilies. Spice it up even more with sliced jalapenos.

—JENNIFER STOWELL SMITHVILLE, MO

field editor

PREP: 25 MIN. • **COOK:** 5 MIN./BATCH
MAKES: 8 SERVINGS

- **8 hot dogs**
- **1 can (16 oz.) refried beans**
- **8 flour tortillas (10 in.)**
- **1 can (4 oz.) chopped green chilies**
- **1 can (2¼ oz.) sliced ripe olives, drained**
- **2 cups (8 oz.) shredded Monterey Jack cheese**
- **Oil for frying**
- **Sour cream and salsa**

1. Heat hot dogs according to package directions. Spread beans over center of each tortilla; layer with chilies, olives and cheese. Place hot dog down center of tortilla. Fold bottom and sides of tortilla over filling and roll up; secure with a toothpick.

2. In a deep skillet or electric skillet, heat 1 in. of oil to 375°. Fry in batches, seam side down, 2-3 minutes on each side or until golden brown. Drain on paper towels; discard toothpicks.

PER SERVING *726 cal., 50 g fat (14 g sat. fat), 50 mg chol., 1,494 mg sodium, 48 g carb., 5 g fiber, 21 g pro.*

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5 INGREDIENTS

Ring of Piggies



This charming plate of piggies looks like a holiday wreath when I drape fresh rosemary in the center. It's a cute display for merry get-togethers.

—JULIE PETERSON CROFTON, MD

field editor

PREP: 20 MIN. • **BAKE:** 20 MIN.
MAKES: 42 APPETIZERS

- **2 tubes (8 oz. each) refrigerated crescent rolls**
- **42 miniature smoked sausages**
- **Fresh rosemary sprigs, optional**

1. Preheat oven to 350°. Unroll crescent dough and separate each tube into eight triangles; cut 14 of the 16 triangles lengthwise into three triangles each. Place one sausage on the wide end of each triangle; roll up tightly.

2. Arrange 24 appetizers, point side down, in a 10-in. circle on a parchment paper-lined baking sheet. Place remaining appetizers in the center of the ring to form a 7-in. circle. Bake 16-18 minutes or until golden brown.

3. Shape remaining dough into a bow; place on another parchment paper-lined baking sheet. Bake for 10-12 minutes. Cool ring 5 minutes before removing to a serving platter, placing bow on bottom. Garnish wreath with rosemary, if desired.

PER APPETIZER *72 cal., 5 g fat (2 g sat. fat), 6 mg chol., 181 mg sodium, 5 g carb., 0 fiber, 2 g pro.* ■



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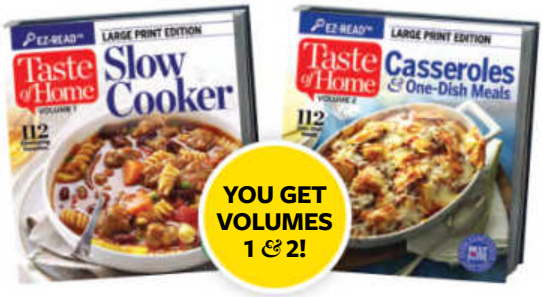
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FREEZE IT — Make now, eat later
5 INGREDIENTS — 5 ingredients max, plus staples like salt, pepper and oil
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Taste of Home's registered dietitians based our Eat Smart guidelines on criteria set by the United States Department of Agriculture, the American Heart Association and the American Diabetes Association. Main dishes marked with the icon, for the most part, have **no more than 550 calories, 12 grams of fat and 800 mg of sodium per serving.**

Hey, Instagrammers!

Follow **@tasteofhome** on Instagram for even more homemade eye candy.



"Evangeline Bradford's chocolate-peppermint cookies deliver loads of Christmas cheer." —@tasteofhome

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1 ***Want to see your name in print?*** Send us your favorite recipe to share with other readers. It's easy! Simply use the convenient form at **tasteofhome.com/submit.**

2 When sending recipes, please be specific with directions, measurements and sizes of cans, packages and pans. And please share a few words about the recipe and yourself. (For recipe contest entries, follow the directions on *page 64.*)

3 Please be patient. Because of the large volume of mail, it can take our small staff several months to review submissions. We may hold your material without informing you, but we will let you know if we publish something you submitted. Materials that won't fit in *Taste of Home* may be considered for our websites, cookbooks, promotions and other publications.

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Fudge Season

Gift it or sneak some for yourself. Alabama reader Betty Grantham passes along her **triple-chocolate tradition.**

Three-Chocolate Fudge

Each year, I hand out this smooth and creamy fudge as gifts. My tradition started when I made more than my family could devour, and my friends and neighbors couldn't be happier.

—BETTY GRANTHAM HANCEVILLE, AL

PREP: 35 MIN. + CHILLING
MAKES: ABOUT 5½ LBS. (150 PIECES)

- **1 Tbsp. butter**
- **3⅓ cups sugar**
- **1 cup packed dark brown sugar**
- **1 can (12 oz.) evaporated milk**
- **1 cup butter, cubed**
- **32 large marshmallows, halved**
- **1 tsp. vanilla extract**
- **2 cups (12 oz.) semisweet chocolate chips**
- **14 oz. milk chocolate, chopped**
- **2 oz. semisweet chocolate, chopped**
- **2 cups chopped pecans, toasted**

1. Line a 15x10x1-in. pan with foil; grease foil with 1 Tbsp. butter.

2. In a heavy, large saucepan, combine sugars, evaporated milk and cubed butter. Bring to a rapid boil over medium heat, stirring constantly; cook and continue to stir 5 minutes. Remove from heat. Stir in marshmallows and vanilla until blended.

3. Gradually stir in chocolate chips and chopped chocolate until melted. Fold in the pecans. Immediately spread into prepared pan. Refrigerate 1 hour or until firm. Using foil, lift fudge out of pan. Remove the foil; cut fudge into 1-in. squares. Store fudge between layers of waxed paper in an airtight container.

PER SQUARE *79 cal., 4 g fat (2 g sat. fat), 5 mg chol., 16 mg sodium, 11 g carb., trace fiber, 1 g pro.* ■

401
CHOCOLATE FUDGE
vs.
PEANUT BRITTLE
163

A SWEET SHOWDOWN

We asked *Taste of Home* Facebook fans which Christmas tray classic they love most. Chocolate fudge made their spirits brightest.

"Chocolate fudge! It reminds me of Christmastime, when my mom makes tons of it!"
—MELISSA ANNE UTICA, NY

"I love chocolate fudge when it's made with marshmallow creme."
—ALYSON NEELEY ROUNDHEAD, OH

"Chocolate fudge. Seriously, there is no other option."
—KRISTI CHILES VIRGINIA BEACH, VA

"Definitely chocolate fudge. It's heaven melting on your tongue."
—MARY ANN HENSLER COVINGTON, OH

"Gotta admit, chocolate ALWAYS wins! Chocolate fudge it is!"
—PAULA HASS BENNINGTON, KS

NEXT UP

SPINACH-ARTICHOKE DIP *vs.* QUESO DIP GET IN ON MORE FORK FIGHT FUN. LIKE US AT **FACEBOOK.COM/TASTEOFHOME.**

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